# PSYCHIC LIFE

Vol. 6 No. 2 $1.50
March/April 1986

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Creative Dreaming

SLEEPING DISORDERS: PSYCHIC ASPECTS

ANCIENT DREAM ANALYSIS

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# What happens at the Berkeley Psychic Institute?

from the Graduation Address
given by Rev. Jeff Serkin
on graduation from the
Missionary Teachers Program
of the Church of Divine Man

Hello.

It is a tremendous joy and validation to teach a spirit how to own a body, especially if you are teaching spirits who own bodies.

This past year in the Missionary Teachers Program we have learned to teach people to own their psychic abilities through the body. It is wonderful to teach psychics in kindergarten and I would like to thank the Very Rt. Rev. Dr. Lewis Bostwick for creating a psychic kindergarten. When we teach from a kindergarten space there is no competition, no need for perfection, no prove-it games, and we can allow our students to make mistakes and be more capable than the teacher.

I have found that teaching really shows me how much I already know. I have also learned from teaching that there is nothing in this world worth exchanging for the simple, kindergarten psychic tools that we teach at the Berkeley Psychic Institute. Along with teaching psychic tools from a kindergarten space, we have learned to teach from amusement, because there is nothing in this world worth losing your amusement over.

The graduating class of the Missionary Teachers Program would also like to thank Rev. John Fulton. He taught us from amusement, enthusiasm, and validation.

For More Information: Berkeley Psychic Institute, 2436 Haste St., Berkeley 94704 (415) 548-8020

This Is Your PSYCHIC LIFE

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Cover photograph
and design by
Kim Wakabayashi

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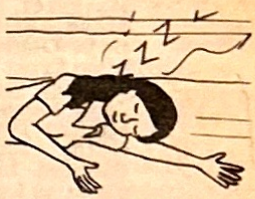

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This is Your Psychic Life does not prescribe. The spiritual healings and spiritual techniques explained here are for educational use only. It is recommended that those seeking medical service see a physician.

# Editorial

by Susan Hull Bostwick

## The Thief Is Sleep

Until I adopted clairvoyance as a career, I saw sleep as merely an acceptable way out of what my body was doing all day. I knew that when my head hit the pillow, I would be mere minutes away from no responsibility, no guilt, no consciousness, no cares or worries. Sleep was a thief I never saw, never apprehended, yet heartily welcomed. The thief-sleep was a good excuse: I don't know what happened; I was asleep.

What happened was often a frightening experience for me. I would awake in fear, hot sweat, sometimes growling or mumbling nonsense. On occasion I would be aware of a presence in the room--it made me feel intense guilt, like I had done something terribly bad. I would then beg the thief-sleep to come back and take it all away. Soon I would be back to normal unconsciousness.

Today, as a professional psychic, it is a bit difficult to say I don't know what happened and have my friends believe me. I have been practicing for twelve years how to put myself to sleep and still know what is happening, not only in my immediate physical surroundings, but most importantly in my body.

I am often not the same person during sleep as awake. I first discovered this while I was being trained how to handle trance mediumship (the ability of a medium to allow another spirit to completely take control over the body while nobody is home). I discovered that the fearful, hot, sweaty, middle-of-the-night jolts awake were the result of other beings trying to work through my body. I remember as a child having no ability to report this to my parents. I came to assume that this was life and that probably everyone experienced these things.

I had a rude awakening one night when I "caught" a being entering my body. It was a terrifying battle, feeling the invasion start at my abdomen and heart center as initial contact points and continuing with a hammerlock on the top of my head. It felt as if this person were grabbing me physically right there in the bedroom. I was paralyzed with fear, again hot, sweaty and shakey. At the time, I was just beginning to own having psychic tools to work with and it was a true war of wits, will, and power. I won.

I now understand how healthy young people can die of strokes or heart attack. I have not finished my growth on this level. I am still working on controlling the hours of the night when my body is at rest and my spirit leaves to play on the astral. I learned my tools at the Berkeley Psychic Institute. If you need help with your sleep times, call them.

Other clairvoyant writers have different experiences to share about sleep. Look further into this special issue on sleep for more true psychic stories.

# Cosmic Correspondence

*(Psychic Life Magazine does not endorse or sponsor the letters sent in by our readers. We encourage reader response to our articles and enjoy offering a space to share psychic experiences... editor)*

## Missive From China

*(Bodhi Rolle, author of previous Palmistry articles... editor)*

Greetings from the People's Republic of China. We are settling into the unsettling experience that is China... The two most important things in modern Chinese philosophy are health and knowledge. Everywhere we go we find scores of people crowding the streets and parks to meet the dawn doing their Tai Chi form.

Although health and medicine have a very ancient tradition in China, doctors get the same salary as everyone else. Everyone with a job gets nearly free medical care. Traditional Chinese Medicine (TCM) is studied at great length. Scientific research and documentation are being published in order to win acceptance by the West. In 1979, the World Health Organization suggested China try to educate Western doctors in TCM. Basic acupuncture courses for foreign health professionals have been initiated in several cities. My husband is enrolled in such a program. In general, the Chinese look toward medicinal herbs to heal what ails rather than miracle cures.

Myth and superstition are scorned in China. Religion is the opiate of the masses. Most of the religious shrines and temples were destroyed during the Cultural Revolution of the late 60's and early 70's. Now the government is restoring a few for the sake of the tourist trade. Almost everything "old" was destroyed in that revolution to make way for the new social order. Most people believe that religion was being used as another tool to exploit the ordinary people. Modern Chinese have no room for religion in their lives.

I'll send more soon.

Bodhi

## Cover Girl

I am fascinated by the person and face of the picture that appears on the cover of Vol. 5 #6. She is a most lovely person sure of her space. I pay homage to her and I wish you would give her credit on your masthead.

Frank P.
Oakland, CA

## Speaking In Tongues

I read the article "Speaking in Tongues" and the letter in Vol. 5, No. 6 from Deborah K. McGinley, with amusement.

I was raised Pentecostal and naturally spoke in tongues, plus had the gift of interpretation. However, I willingly walked away from that church at age 19 with feelings they were not the answer. Twenty years would pass before I found my spiritual answer in myself. Over the years prayer was still a part of my life and surprisingly so was tongues. (According to the Pentecostal church once you drop out you couldn't speak in tongues any more!)

When I started a meditation class I heard tongues in my head. At first I accepted it, then with my pride in finding meditation as an answer, I forced myself away from prayer and tongues.

A psychic advised me "Your spirit requires prayer and speaking in tongues, don't take my word though--verify it within yourself."

Later my spirit explained: "You as a being have had many life times; you have that knowledge in you. You spoke in 'foreign languages'; this is tongues, your inner

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being speaking. You bring your memories of past lives in, to work out.

"Sometimes I speak to our Supreme Being, not to hide truths from you, but to seek answers of lessons you are to learn, sometimes because there is a problem and you're not aware it is a problem, or at times I prepare the way spiritually so you won't have a difficult learning period. You have wondered if the tongues were right or out-moded; they were. Sometimes I just speak to the Supreme Being in the 'home planet' language for spiritual communication for my own enjoyment."

I have heard myself speak angrily and authoritatively in a language which is not familiar. This is in essence "You're not wanted! You have not been called! Go to your place." I recognize this as an automatic protection by the spirit.

In between lives we all go somewhere (well, most do) we all have our "jobs" on that planet. One of mine has been similar to Ambassador to other star systems, there are thousands of languages I have been required to know.

My spirit also tells me the so called "gift of interpretation" is not a "gift" it is behind the Pentecostal teachings and whenever this is cleaned I'll understand what I'm babbling.

There is one final thought, I sense when my spirit needs to speak and give my spirit permission. This is where my truth is mine, if it will work for others I don't know.

Now as to my amusement of the article and letter, first the letter was so familiar in experience, secondly I figured everyone understood the simple answer of tongues. Goes to show you, even a psychic shouldn't take things for granted.

Louise N.
Daingerfield, Tx.

## Healing in the Hospital

Three years ago our son was born at a hospital in Oakland. I was approached by many medical people who wanted to talk "psychic." My doctor asked me to give a healing to another patient who was refusing treatment for a "spinal fluid caused headache," which my husband had just healed me of (to the amazement of the doctor). I still give a reading every year to the anasthetist who was present at my healing.

I have never known personally a medical person who was not a psychic healer. They have gone to medical school because they want to use this natural ability and don't know how else to study or get recognized as a healer. Most of them tell me that "psychic" is not openly discussed among medical people... it is, in fact, vehemently rejected by many, for many reasons.

I was once a student of pre-med. I couldn't give up my need for traveling and studying art and music to devote the time necessary to become an MD, but I have fulfilled the desire to become a "healer" through study at the Berkeley Psychic Institute. I continue to enjoy communication and the sharing of information and validation with healers of all kinds, and I am very grateful that there exists a magazine where healers of all kinds can say Hello to each other.

Rev. Susan Mayclin Stephenson

☆


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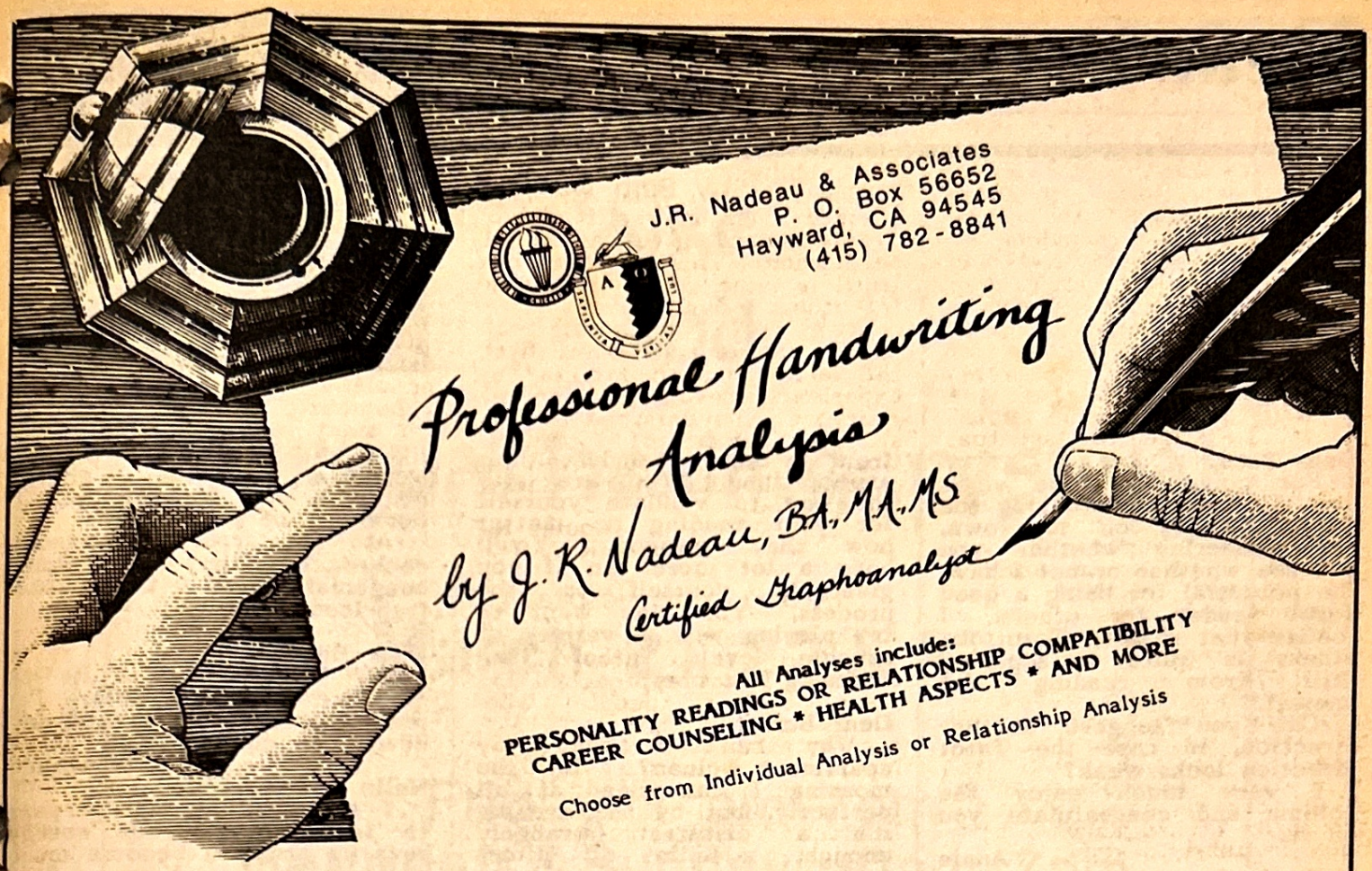

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# Dear Beth

by Beth Dunlavy

**Dear Beth,**
For going on three years now, I have been studying the Tarot, mostly on my own. I'm wondering whether you can see whether or not I have the potential for being a good Tarot reader for others. I realize that reading Tarot for others is quite a separate skill from reading for oneself.

Can you suggest another direction, in case the Tarot direction looks weak?

I very much enjoy the column and congratulate you on it.

Annie

**Hello Annie,**
I can see that you are a healer. Reading the Tarot for yourself gives you a healing; as you look at the cards you can step back and see what is happening in your life rather than feeling caught up in it. You have also been validating your abilities as you read and are bringing in a great deal of information from your aura into your body.

When you consider reading other people, though, you see it as a real responsibility.

Before you sit down to read others, you might want to be aware of being separate from them and their expectations. You are still the one to validate yourself for your reading no matter how they respond. You'll have a lot more fun if you give to yourself in the process. You may want to try playing with a variety of psychic levels rather than choosing just one.

**Dear Beth,**
Why can't I keep my apartment clean? In the morning I can clean it all perfectly, but by the evening it's a disaster (strangely enough, a pile of dimes collects at the side of the sink. Perhaps cockroaches are paying to use my sink as a swimming pool)!

Alias Pigpen

**Hello Pigpen,**
You are not alone. Many people who would prefer to live in a clean environment find themselves overwhelmed by mess.

When I look at you clairvoyantly, I can see that your energy is much clearer in the morning - you feel more "pulled together" and your apartment reflects that. At the end of the day a lot of foreign energy has collected around you, much like the cartoon "pigpen" character. This energy distracts you, keeping you a little out of your body.

As for your dime-laden cockroaches, they sound more congenial than the usual free-loading pests!

**Dear Beth,**
My boss always waits to give me work just before I'm ready to leave. Can you see how I can change this?

Overworked

**Hello Overworked,**
I see that as you prepare to leave work, your energy revs up and you become more enthusiastic. Your boss notices this change in energy; he sees how much creative energy you have and suddenly remembers something he wants you to do. Your boss uses your energy change as a time clock: "Oops, this day is almost over and this just has to be done."

You could play with this routine. At 1:30, you might imagine a clock out in front of you set at 4:30 and show it to your boss (you might even make it shocking pink).

Remember that this is a game - if you chuckle about it, you can create anything you want.☆

Rev. Jacquelyn Smith

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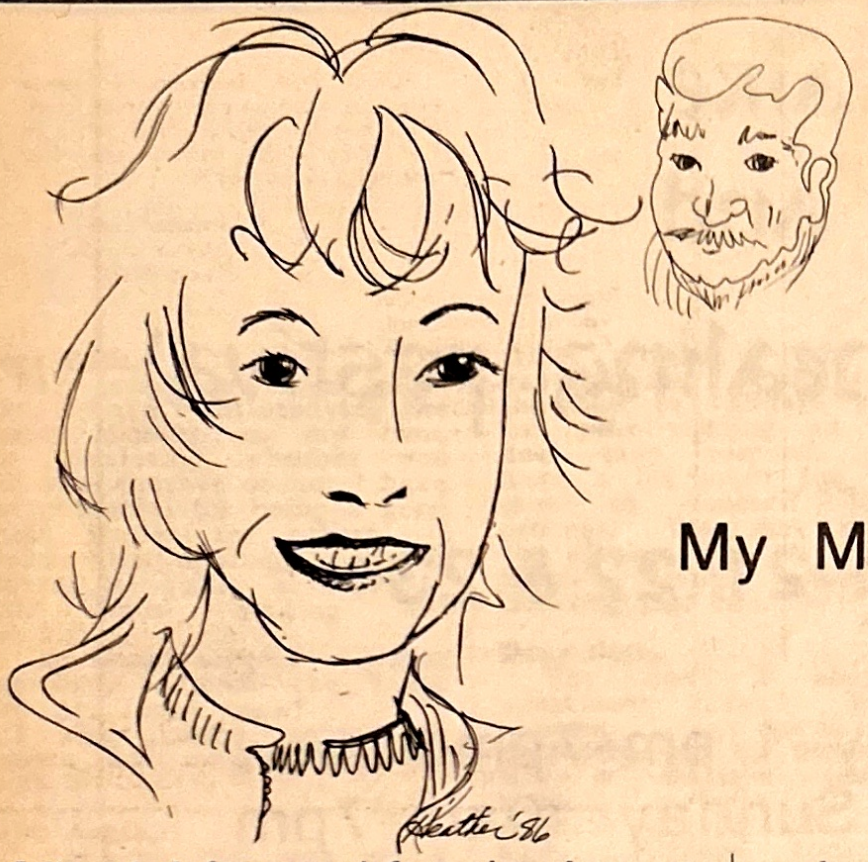
# Spirit Guide

by Heather Smythe



## Getting Rid Of My Macho Spirit Guide

Julia asked for some information about one of the spirit guides she works with. I'll call him Jake.

"You've been using Jake as a male guide for the last ten years or so. With him in your space you felt you could manhandle car engines, skillsaws and big lumber beams ... and you did! Jake has been very proud to be your spirit guide and has extended his duties to include being your protector. He's done a very good job of keeping other men away from you.

"I see that about a month ago, you started teaching your spirit guides some rules: To stay out of your aura and to communicate only when you've asked for communication. Also, you're becoming the one in charge of contracts and I see that you've decided you no longer need a male protector.

"Jake feels pretty invalidated and somewhat desperate, while you're finding amusement at this growth period. You are enjoying watching him squirm a little too. Tit for tat.

"I am communicating to Jake about some spiritual manners, as he tries to work his wiles on me, mostly to get me to sympathize with him and tell you that he's not such a bad guy after all. He would like to keep things the way they are and rather not have me validate any of the changes you have made and plan to make in relationship to this guide.

"He's not 'bad'; just too lazy and afraid to go out and get himself a body of his own."☆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**LEA UHLMAN**

## "NOW I KNOW THERE'S A GOOD LIFE WAITING FOR ME."

Lea Uhlman has in excess of ten years as a psychic. She does life readings, Tarot readings, psychometry and aspect work. She is also a lecturer and an instructor in the psychic, teaching classes that are ongoing in the Vallejo area on Monday nights, and are beginning in Walnut Creek in September.

In addition, her other areas of expertise include counseling, stress reduction with relaxation techniques and business projections. Lea is an R.N., has a B.S., Masters on Health Services, and has been a Family Nurse Practitioner for seven years. She has an Associate Juris Sacrae (Ministerial degree) from Great Western University. She is also a member of the Association of Psychic Practitioners.

The headline statement was made about Lea Uhlman because of the type of work that she does with aspect therapy. Other statements include:

*"Before I went to Lea Uhlman, I felt my life was over. I was ill all the time, broke, and friendless. I lived each day in a great abyss of depression. I wanted to die — I was tired of this life."*

*"Since working with Lea and using her aspects to change, my life has totally turned around. I'm in much better health and I now realize I can reach the goals I've set for myself."*

The aspect therapy mentioned above is a dynamic new process which utilizes psychic ability to identify and locate negative internal programming, and then transforms such programming into positive affirmation, often with dramatic results.

**What Are Aspects?** — "Aspects" is a term given to the negative internal programs that limit us and sabotage our good intentions. Sometimes called "thought forms," they can also be compared to tiny computer memory chips, each programmed to do a specific, but negative job. Unlike computer chips, however, they are *conscious*, and are self-programmed to continue indefinitely, to "do their job." An individual aspect can be located and communicated with psychically, by calling it by the particular negative statement or attitude that is its job to perpetuate. Examples of the "names" of aspects might be, *"I must always be out of money,"* *"I can never be loved,"* or *"I must be overweight to be safe."*

**How Do Aspects Affect Us?** — Aspects bring about situations or attitudes in our daily lives that usually persist no matter how contrary they are to our conscious desire for growth or betterment. If a person had the above aspects for example, he or she would find it very difficult to hold onto money, stay in a relationship, or lose weight.

**How Do Aspects Originate?** — Aspects are formed at times in our lives when we felt both a strong emotion, such as fear, grief or anger, and accepted a strong negative idea or statement about ourselves as true. Lea Uhlman has found that aspects can originate from a variety of sources, most commonly from our parents, a traumatic or unpleasant situation, our cultural conditioning, a past-life situation or even the passing comment of a friend. An aspect can also originate from something we tell *ourselves*.

Lea Uhlman works psychically with people to change this type of negative programming by contacting each individual aspect and the "High-Self" of a person and persuading the aspect to take on a new "job." The aspects mentioned previously, for example, could be transformed into the affirmations: *"I always have plenty of money,"* *"I have a satisfying relationship,"* and *"My body maintains the perfect weight for my frame, with no excess."*

Most people Lea has worked with manifest the new positive changes in their lives, anywhere from the next day to three or four weeks later. Depending on what aspects they have worked on, Lea's clients have felt much more positive and accepting of themselves, have created healthy and loving relationships, generated financial success, lost weight and kept it off, and so on.

**Tapes** — For those who find tapes a useful tool, Lea has a varied selection to choose from, including: Releasing Depression, Relaxation Techniques for Protection & Stability, Sleep Tape, Stop Smoking, Improving Self Image, Releasing Excess Weight, Kundalini Energy Exercise, Cosmic Laws, Epilepsy, Suicide Prevention, Assertiveness and more.

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# RONALD REAGAN AND HALLEY'S COMET

by Robert Cole

Halley's Comet, now three times brighter than originally expected, will reach perihelion (its closest position to the Sun) on February 9, 1986. At the moment of perihelion, we on Earth will be experiencing the New Moon at 19 degrees 59 minutes of Aquarius in the tropical zodiac.

In order to calculate and analyze the impact of Halley's Comet in your own personal chart, you must first locate the perihelion point at 19.59 Aquarius in your natal chart. The passage of Halley's Comet coincides with the destruction of old symbols and thoughts; so the passage of the comet in your chart can show you where your old concepts are due for transformation. Remember, this is the kind of transformation which happens only once every 77 years.

If you don't know where 19.59 Aquarius is in your chart, you should find out immediately. You can call any of the astrologers listed in the yellow pages of the local phone directory; or you can contact one of the astrologers listed in the resource directory of Psychic Life magazine. What you need to know from the astrologer is this: In which house is 19.59 Aquarius in your natal chart? That House is going to be the center of attention over the next six months of your life. You can be prepared to experience startling changes in that House.

One of the most interesting bits of information which I have gleaned from my lecture series on Halley's Comet is that most people (more than 90%) who are involved in the "psychic movement" of the 1980's have little or no affiliation with the sign of Aquarius. Halley's Comet which is reaching perihelion in the sign of Aquarius is one of the great omens of the Aquarian Age, a 2500-year era of universal democracy, peace, and humanitarianism. But strangely, most of the people who show up at lectures in psychic centers and metaphysical bookstores have very little "Aquarian-ness" about them. Could it be that we are seeking a quality which we know little or nothing about? What is the Aquarian Age to people who lack any natural affinity with the symbol of Aquarius?

Statistically there is no reason why the numbers would create such a dramatic imbalance. But there's no doubt that most of the people who declare themselves part of the Aquarian Revolution have very little to justify their commitment astrologically.

One other special detail about the last time that the comet was in the skies in the springtime of 1910... nine months later, almost to the day, Ronald Reagan was born in Tampico, Illinois. And this time, when the comet returns it comes three days after his 75th birthday. These coincidences have led me to believe that Ronald Reagan is playing a significant role in the beginnings of the "real" Aquarian Age. He is the "Cosmic Bandito" this time around; with the likes of Hannibal, Attila, Henry VIII, and Lenin he will go down in history as someone who assumes ultimate and divine authority for himself. Like a renegade he captures the plunder of old institutions as he becomes an institution himself. I would not be surprised if Reagan ends up leading all us bleeding heart liberals screaming and hollering into the Aquarian Age whether we like it or not. The celestial scenario calls for a character of bigger-than-life proportions.

If you have received any psychic messages or channellings which might add to the meaning of Halley's Comet, please send me a copy because I am interested in preserving our mythology for generations ahead. ☆

*(Robert Cole is also doing special progressions readings for those interested in adding more meaning to the experience of the comet in their own lives. For more information write to: Robert Cole, C/O Psychic Life Magazine, 1339 Lincoln Ave., San Rafael, CA 94901... editor)*

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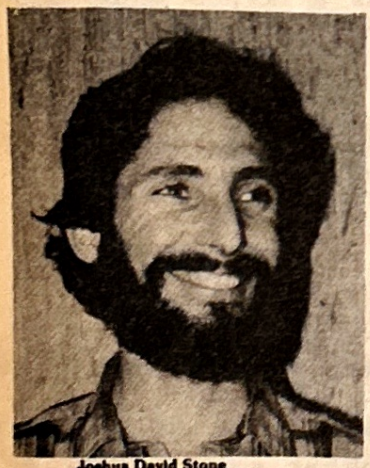

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# Healing Your Pets

by Steve Drilica

*(Steve Dirlica is a veterinarian doctor who uses his psychic abilities to read and heal animals and their owners. In this column he presents some of his recent readings and healings... editor)*

ANIMAL ANSWER MAN - psychic questions about your animals answered here:

**Dear Dr. Steve:** I moved into the Santa Cruz mountains about a month ago. I'm living with a group of people with a spiritual teacher. My cat has started to act strangely since I moved up here. She will not recognize me at times, will suddenly run across the room as if something is chasing her, and will run away from my teacher as if she is afraid of him.

**Dear Wondering:** Cats in general have a higher degree of trance mediumship than most other animals. Your spiritual teacher has many spirits (beings without bodies) around him. Some of these spirits come through your cat. Her body "freaks out" with these different beings coming into her space. So, these personality changes and the erratic behavior result from this invasion. I also see that your cat doesn't like your spiritual teacher. His energy pushes your cat's programming (take care of me, feed me, pet me, etc.) out of your awareness.

**Dear Dr. Steve:** We have a four year old Collie who has been quarantined twice in the last year for biting our employees. They are bitten when they fed him. We have to keep him tied up at our ranch to protect livestock and people. He is otherwise a loyal and gentle dog. If we don't resolve this, we will have to destroy the dog.

Very concerned

**Dear Concerned:** When I look at your dog, I see several past lives he is working through. These particular lives as a sabor tooth tiger, polar bear and wolf are making him more aggressive than he would be normally. Also, we can't separate the physical from the spiritual. The genetic programming for dogs is to be territorial. Anyone coming on to his turf may be challenged if that person is not considered to be senior to him, especially when handling his food. To attempt to change his behavior at this age would require a group of trained dog handlers. Even with an intensive behavior modification, the dog may not respond satisfactorily. On the past lives, any competent psychic can de-energize them so they won't be affecting him so much.

**Dear Dr. Steve:** I have taken my golden retriever to a series of veterinarians for flea allergy dermatitis. I am very worried; he is loosing the hair over his back, near the tail. He scratches all the time. His skin is reddened. The medication works for only short periods of time; as soon as it stops, the problem comes back.

Dog lover

**Dear Dog lover:** As I look at you and your dog's auras, I don't see a separation. Also, you and your dog have many communication chords of energy that keep the two of you making a separation by getting rid of these cords you can stop worrying, and your dog can heal himself. You are so concerned about the health of your dog that your healing energy envelops him to where he can't heal himself. Sometimes we forget that animals are also spirits with bodies and are very capable of healing and taking care of their space if we would let them.

(Healing: I physically separated the owner and dog. Then I helped them separate their energies. I also took all the attention and concern of all the other people and veterinarians out of their spaces - I saw this as a "helpless" feeling that they had. I then went outside to look at the dog. He was not scratching, his skin was a normal color and texture, and he was more "peppy". Next, I had the owner come out to the dog, he started scratching and the skin got red. I pointed this out to her; she pulled her healing energy back, and the scratching instantly stopped. Follow-up: One month later both were doing well. The dog's hair was growing back, his skin was normal, and he was not scratching).

**Dear Dr. Steve:** My cat was mauled by a large dog last night. I took him to the hospital. My veterinarian told me that the cat was shaken up pretty badly and was dragging his right hind leg. There might be permanent leg damage. He also was very depressed and in shock. The doctor wasn't sure if he would live.

Worried

**Dear Worried:** As I look at your cat, as a spirit, he can't get near his body to heal it. The attacking dog, the veterinarian and his assistants, and you are all in there trying to heal him or kill him. All very powerful energy for him to deal with.

(Healing: I helped Annie and her cat make separations, so she could stop worrying so much. I took the dog, the veterinarian and his assistants out of the cat's space. Now the cat could start healing himself. The next day Annie reported that the veterinarian said a miracle had been created. Her cat was ready to come home, there was no nerve damage and he was alert and active).


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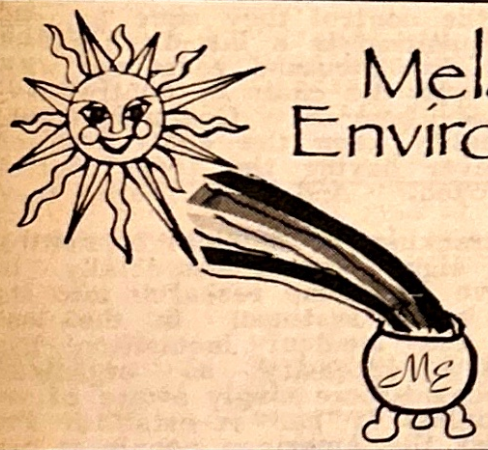


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# Healing & the Law

by Michael J. Tamura

## Can I Be Arrested?

## Protecting Yourself As A Healer

What the law is supposed to be according to the Constitution and what actually happens in daily life to healers, whether or not it is legal, are two different things. On the one hand, you have to know the real laws, what your true rights are, not what the police, Board of Medical Quality Assurance (BMQA), an attorney, or anyone else may say. On the other hand, if you are not communicating correctly, regardless of what the real laws say, you become a prime target for being set up by the BMQA so that they can do it to you.

In this article I explore the law. In the next issue, I will have an "eyewitness" story on how the BMQA actually made a criminal out of a capable healer, "slapped" her on her wrist, took away part of her livelihood, the pursuit of her own happiness and religion, and forced the destruction of a center for healing while treating the whole thing as a minor aggravation that had to be dealt with.

"Be of good cheer; I have overcome the world." John 16:33.

Thank you, I think I will.

This is my favorite quote from the New Testament; I meditate on it quite a bit, especially when I get ready to contemplate the futility of the Medical Inquisition. As I get myself into amusement, I regain my own certainty that the futility I experience when I confront the Inquisition is not mine, but the futility and frustration of those perpetrating the Inquisition itself. Their energy of hanging on for dear life is so serious, it is hard for a psychic healer to remember that that energy is not his.

In order to overcome the world, I figure I need to overcome that which controls the world. Psychics have always been between both the hard spot (those who control the world) and the rock (the world). It had been the job of healers to learn to free themselves from that place and teach whoever else wants to come along. The only problem is that many healers end up trying to save the world. Inquisitions are meant to keep the world under the inquisitors' thumbs by eliminating those who do not wish to stay put. An inquisition is not a sign of the inquisitors' rule over us. On the contrary, it is a sign that the control they once enjoyed is lost. The inquisition is a last-ditch effort to get it back. Two thousand years ago with the coming of Jesus, the chain of control was broken once and for all. Communication, affinity, and reality keep the controllers of mankind from ever having the total control they once enjoyed. And, boy, are they miffed!

I have been tracking the Medical Inquisition for the last eight years, especially in California. I have also done research into its history in the court systems. In the last several years, the Medical Inquisition has acquired a new intensity as organized medicine has become increasingly aware of its failing future unless it can re-establish the solid control over the American people it has had for half a century. It is hard for us to imagine that at the turn of this century there was one doctor for every 750 people in this country and that he earned the same as a mechanic. The majority practiced forms of homeopathy, herbal treatments, and natural healing. Most of them had one to two-year apprenticeships and were not college educated. Of those who went to one of the half dozen medical schools, most took an eight to fourteen-week course. Becoming a doctor was learning a trade. Today, medicine is a one-third to one-half a trillion dollar a year business. Where did it begin?

In my research on court cases involving healers, one of the most common charges against them is "practicing medicine without a license." Even though this quasi-legal phrase is not the law itself, it is used by the state medical boards (in California, the BMQA) to

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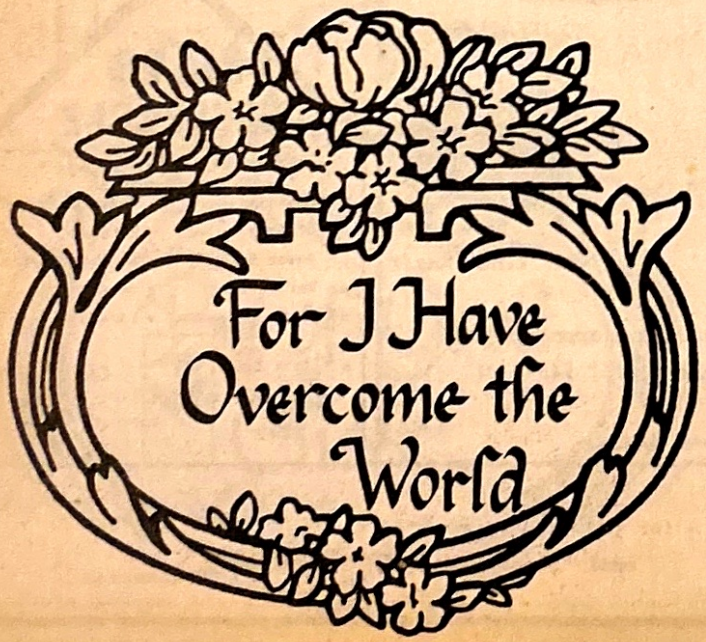
prosecute and persecute healers. It conveniently disguises and prejudices the real law to their favor. This criminal "charge" is thrown at the healer by the arresting police officer. Even though this has been a prevalent practice in the local legal systems, I have only found a few cases that reached the California Supreme Court. Of those few, most of them were all bunched up in the same time-period: Ex Parte Bohanon, 1910; People of the State of California v. Jordan, 1916; People v. Parrish, 1922; People v. Walker, 1924; and People v. Cosper, 1926. Why?

Towards the middle of the 1800's local groups of physicians began meeting to form medical societies to improve their lot (read, trade unions). They first needed to improve the image of physicians as a group. This led them towards promoting professionalism and elitism. What was publicized was better training of doctors and setting standards of competence. This led to the formation of the American Medical Association in 1847 by a small group of German-trained allopaths who believed in large doses of medicine and heavy bleeding regimens at the time when the public image of American medicine was at its lowest point in its short history. The way out was to first define quackery as those things they did not do, and charlatans as who they were not.

By the early 1900's, allopathy had a firm grip on the medical system through John Hopkins University School of Medicine. Medicine slipped into the elite world of professionals. The AMA persuaded the Carnegie Foundation for the Advancement of Teaching to evaluate medical education in this country. Abraham Flexner, who had studied American higher education was commissioned to do the field study. The Flexner Report published in 1910 demanded a four-year college education and four years of medical school with science as the basis of the training. This report put the control of medicine into the reins of the allopaths through the universities. It tied together colleges, medical schools, hospitals, public health and other government agencies with the AMA.

In California, the first Medical Practices Act was passed by the legislature in 1876, which established a State Board of Medical Examiners "to rid the state of fraudulent practitioners and to provide a uniform level of medical competence." The California Medical Society was the governing power behind the Board, but being a private corporation, it did not have the authority to prosecute people in courts. By 1907 a law was provided to authorize the governor to appoint the members of the Board, giving them the government sanction to proceed with the Inquisition. From then on through the 1920's the Medical Inquisition in California intensified.




The god-AMA converted the casualties of two world wars into the ranks of its disciples, and the pill and the scalpel became the undisputed mana from its heaven. But with war and destruction, people turn inwards towards their own spirituality. In the mid-to late forties, spiritual healing came out of the closet once again. Both chiropractic healing and Christian Science healing, which started in the mid-1800's, began to gain strengths in the numbers and abilities of their healers. Other individual healers began to openly practice their religion. A landmark decision was made by the U.S. Supreme Court in 1944 (U.S. v. Ballard), that perhaps more than any other decision gave healers their constitutional rights back. The future of the great empire the AMA was creating was being threatened. By 1958, the drug producing companies were organized into the Pharmaceutical Manufacturers' Association to gain more strength. By 1962 an attorney for a state medical society presented to the AMA a masterplan to destroy the "chiropractic menace." In 1963, the AMA formed its Committee on Quackery. Between September 1977 and September 1978, the BMQA of California checked into 720 cases of "unlicensed or unregistered activities."

Welcome back to the Medical Inquisition. The legal outcome for most healers who were taken to court has not been very cheering. The pitiful part is that most of the healers did not do anything illegal. Rather, it appears that illegal things were done to them by those claiming to enforce the law.

The Medical Inquisition is based on the State Medical Practice Act. This is part of the California Business and Professions Code. It is a set of laws that governs the business and professional practice of medicine. It outlines the business licensing of medical practice and forbids its practice without the correct license. What does any of this have to do with healers? Nothing. Yet, time and again, the BMQA uses the charge "practicing medicine without a license," basically a business fraud charge, referring to Section 2052 of the B & P Code, to arrest and prosecute healers. Those healers who fall prey to this form of the Inquisition are those who did not physically set themselves up in the correct levels for healers: as a church and religious practice.

The Medical Practice Act embraces one subject: medical practice. It does not embrace all healing, nor religion, except in its exemption clause: "Nothing in this chapter shall be construed so as to... regulate, prohibit or apply to any kind of treatment by prayer, nor interfere in any way with the practice of religion" (B & P Code, Section 2146). In Ex Parte Bohanon, 1910, the

California Supreme Court supported the exemption of religious healers from the Medical Practice Act as constitutional and reiterated this in People v. Jordan. The court in its opinion said," If prayer can be regarded as practicing medicine and as an immunity, the act allows every person--man, woman, child--such immunity, and the right to pray for the sick and afflicted... Whether such treatment avails anything or not is not for us to say; but the privilege of practicing such treatment or such application is granted and allowed to all..." In the Epistle of James it is said: "Is any sick among you? Let him call for the elders of the church; and let them pray over him, annointing him with oil in the name of the Lord..."

The reason the BMQA can get away with arresting healers is that they gather so-called "evidence" by setting up the healer with an investigator who asks for a healing. The investigator prompts the healer until the healer makes some remark or does something that may be interpreted when reported out of context in a court of law as practicing some level of medicine.

Hello all healers! This means masseuses, wholistic practioners, herbalists and sometimes even health store clerks. You need to have yourself set up as a church, or at the very least set up in a religious context that can show in court that you are indeed practicing your religion. The court system does not allow for spiritual evidence or testimony. It allows the jury to decide the fate of your rights and pursuit of happiness solely on words and physical actions remembered by others. In a court of law, the book is judged by its cover--so the cover of your book must truly reflect the contents within. Healing is spiritual and its practice part of your religion. By the time you are in court, if you do not have a history of communicating to those you heal and work with that you are practicing your religion and educating them as to what your form of prayer is, it is too late. The court will most likely accuse you of trying to use religion as a "subterfuge."

"In order to raise a religious defense... person charged... must have explicity held himself out as making religious, as opposed to medical, scientific or otherwise secular claims." (Federal Food, Drug and Cosmetic Act) ☆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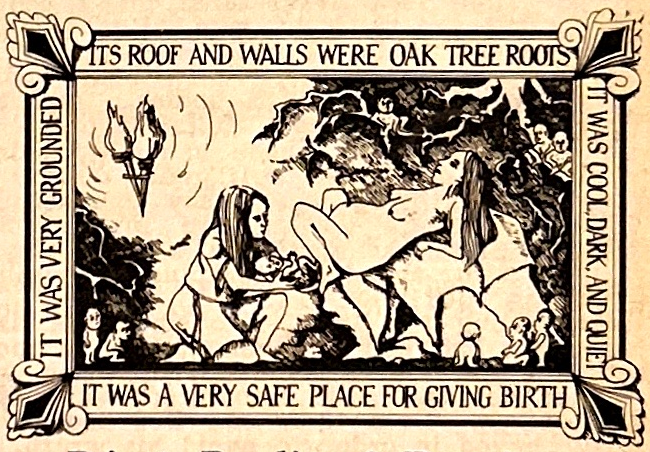
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***Rev. Melissa Woodburn** is a graduate of the Berkeley Psychic Institute and is active in the Church of Divine Man. She holds a BFA degree and has been working in the arts for ten years.*

# JESUS WAS A PSYCHIC!

by Gail Halloran

Jesus was a psychic. By this I mean that he was a spirit manifesting through a body. What made Jesus unusual was that he never lost his awareness of being spirit whether he was inside or outside of his body.

Jesus also manifested the abilities of spirit while he was in his body. He created and he destroyed. He did both without effort. He was enthusiastic and joyful, two spiritual energy vibrations, and he had a great sense of humor and a great sense of irony.

Jesus was a teacher. He taught the abilities of spirit as they were experienced through a body. He spoke openly to his disciples about the mechanics of spirit in a body, which they often saw in the form of disease and death. Jesus taught seniority over these body problems through certainty and the physical/spiritual tools of healing and resurrection.

At the time that Jesus lived many people believed that the spirit of man, if it existed, was secondary to those spirits they saw as gods. In other words, spirits without bodies were senior to spirits with bodies. And the spirits without bodies took full advantage of this state of affairs. These unearthly beings controlled mankind with their godly threats of instant disintegration and flashy appearances in physical form. Cults were prolific and mankind could be convinced to worship almost anything, with abundant scraping, grovelling and shaking with fear.

Even among the Jews, who since the days of Abraham had had a covenant with a more benevolent god known as Jehovah, there was an inadequacy and guilt associated with being human beings. Even their one God had to be strictly obeyed in order to avoid his wrath.

And so, the message that Jesus taught, that we are all spirit, whether we are in bodies or not, and that the god or Supreme Being who helped to create this universe is more like a tolerant and bemused father than a vengeful and angry lord, was very innovative for the time. It is still a very innovative message for this time.

**"God is a spirit: and those that worship him must worship him in spirit and in truth." John 4:24.** Jesus taught of stripping away the trappings of religion and communicating on a spirit-to-spirit, one-to-one level with the Supreme Being. The game on this planet is not to be controlled by spirit but to let your spirituality work for you. God is a spirit. But so are you. Just because you have a body doesn't mean you are not spirit, just like God.

**"...for with authority commandeth he even the unclean spirits, and they do obey him." Mark 1:27.** Jesus came to break up the game of trance mediumship on this planet. People had been controlled for a long time by beings without bodies who would take over their bodies and cause them to do things without any sense of consequence for their actions. A large part of Jesus' ministry was teaching his disciples to be senior over these spirits, so that they might teach others ("Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." Matt 10:8).

**"...when thine eye is single, thy whole body also is full of light;" Luke 11:34.** Jesus was a tremendous clairvoyant, using his sixth chakra or "third eye" in the center of his forehead to see spirit. Often when he raised the dead, he did so by clairvoyantly seeing the spirit near the body, and communicating with the spirit about how to get back in. He also used his clairvoyance to "see" the evil spirits who were possessing the ill, and it was this clairvoyance that gave him the seniority to kick them out.

**"And, behold, certain of the scribes said within themselves, This man blasphemeth. And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?" Matt 9:3-4.** Jesus was also a very capable clairaudient, which means that he could hear the "thoughts" or the spiritual communication of those around him. He used this ability to answer the real questions of his followers rather than the questions they asked him out loud. I'm sure his disciples found this particularly disconcerting!

**"He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water." John 7:38.** Jesus had lots of information about how the spirit enters and leaves the body, and how the spirit runs the body once it's in. The third chakra, which is located in the "belly" or solar plexis is one of the places that the spirit "flows" into the body. It is also the place from which the spirit controls its energy "flow" through the body. These are the spiritual abilities that Jesus was talking about here. To a clairvoyant, the energy of a spirit in its body looks like living water.

There are untold numbers of stories in the New Testament telling of Jesus' skills as a healer and teacher. While his virtuosity in these spiritual abilities are widely accepted, these stories show Jesus as a psychic in other ways; as a clairvoyant and a clairaudient.

Jesus did not come to this planet to set himself up at the head of a game based on tradition and not changing. He came to teach psychic or spiritual abilities. As he said, **"He that believeth on me, the works that I do shall he do also; and greater works than these shall he do..." John 14:12.** ☆

This painting, entitled "Be of Good Cheer, I Have Overcome the World" hangs in the Church of Divine Man, Santa Rosa. It was a gift of its creator, Rev. Caitilin Goodsell.

# READINGS BY JESUS

*The following passages are examples of Jesus giving people clairvoyant readings...)*

"...and much people followed him, and thronged him.

And a certain woman, which had an issue of blood twelve years,

And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

When she had heard of Jesus, came in the press behind, and touched his garment.

For she had said, If I may touch but his clothes, I shall be whole.

And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.

And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes?

And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me?

And he looked round about to see her that had done this thing?

But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth.

And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague."

**Mark 5:24-34**

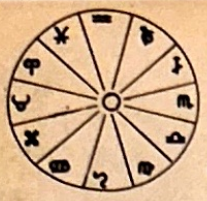
"Jesus saith unto her, Go, call thy husband, and come hither.

The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband:

For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.

The woman saith unto him, Sir, I perceive that thou art a prophet."

☆ **John 4:16-19**



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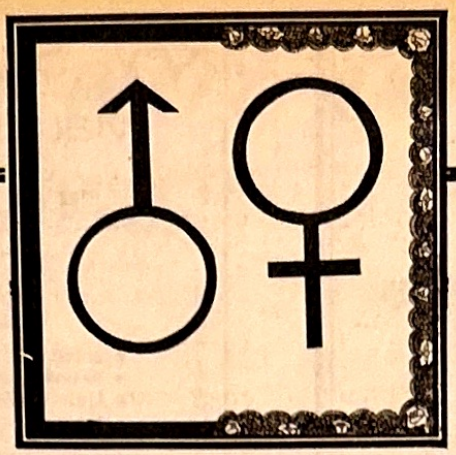
# Male

by Richard Lawrence



# Female

by Carol Tracy Cullinen

## Working In Your Sleep

There is the space when a male body can become engulfed in the energy of responsibility. When you are in this space it is very hard to eat, have fun, or rest. Your attention always goes to what has to be done, what isn't getting done, etc., etc., and is not on what's happening now, whether this is playing, working or sleeping.

When you sleep it's supposed to be a time of rest, a time of gathering back and replacing energy that you have used up or given away during the past period of time. If you are engulfed in responsibility it counteracts this process. Responsibility is the act of having to place some of your energy in something outside yourself. This counteracts you drawing your life force back into yourself.

When you are in responsibility something other than your own space and being is more important than you. You have to check with that something before you can act or even be. Ever wake up and totally be in a problem and surrounded by frantic energy before you even realized where you were? This is what appears when a male is engulfed in responsibility.

Responsibility is a female game. It is one the female body enjoys and is validated by; it is part of her ability to give. A female's responsibility with her baby is what leads her to check its survival before she acts. Without this energy probably none of us would be around today. We'd all be eaten by bears.

This energy of responsibility doesn't work for a male body. A female body has the extra equipment, and the energy that comes with it, to play the responsibility game. If in fact she isn't responsible and doesn't use this energy she becomes invalidated. (Use it or lose it, probably applies here.) A male body doesn't have this extra machinery and energy so it must kick on more voltage to handle this energy; the result is that the body starts to burn out, you become anxious, over-amped, stressed — no fun.

If you find yourself in this space it's always because the answer you try to use is that if you run a higher energy — that is run faster, move quicker, vibrate higher — you eventually will overtake this train and have it under control. Nope. All you accomplish is that you put yourself in a space where you can't do anything, not even think. It doesn't work.

This is when it's ime to recognize you might be playing a g me, the "responsibility

## Living In Your Dreams

"Lately all I can do is sleep", "I can't sleep except when I should be getting up," or "I sleep for a few hours but wake up at 4 a.m. and can't get back to sleep." These situations are described as problems by the women visiting the Women's Healing Clinics at the Berkeley Psychic Institutes. But as a healer who has encountered these complaints many times, I see clairvoyantly that they are not always problems.

We all have times when we have "sleep disturbances". When we are not feeling well, we may sleep more. What is often happening is self-healing from out of the body. It can be easier to deal with foreign energy that is causing pain, or discomfort or illness in the body from the outside of it. As spirit out of the body, we are not affected by the body's pain, so this can be a great vantage point from which to give our bodies a healing.

Women disappointed in themselves or in a relationship often deal with their disillusionment from outside the body, too. On the astral they can cast, direct and star in whatever roles they want. The amusing irony is they could also do this in their bodies, but they don't have the certainty to begin doing it. When I see a woman caught in this cycle I usually see a lot of body invalidation, or other people's judgments that have taken away her affinity for herself. The solution to most of this is really very simple— grounding. Making a connection from your body to the planet lets you safely get into that body to clear it of other people's judgments and expectations. By doing this you can clear the way to cast, star and direct your life from inside the body, having more fun because you can use all the body senses to experience your movie.

Sleep disturbances like insomnia represent the other end of this dichotomy. Insomniacs can't get out of their body. Everytime they begin to leave, the body thinks it's going to die and fear takes over. Going to sleep becomes unsafe. The cause is again foreign energy in the body space, making it unsafe to leave. Even the fear they experience in their body may not be their own.

Grounding and clearing the body space before bedtime is important in these situations. Like the bedtime rituals of your youth which prepared you for sleep, by grounding you can reassure your body that sleep is forthcoming and safe.

While I was travelling in Egypt 2 years ago (see P.L., vol. 4, No.s 4 and 5) I discovered what happens with time differences and astral

game"; the game you as a man aren't equipped to play. Time to look around, see where you are, what your body feels like, breathe, ground, and say hello to the energy of responsibility and to the fact that it is not your game. More in the next issue.

*(Among many other functions, Richard Lawrence directs the Male Program at the Berkeley Psychic Institute. Having a male body and having looked clairvoyantly at hundreds of men and their questions about how female energy affects a male body, he has acquired a wealth of information. His articles address issues relating to spiritual freedom in a male body.*

*Carol Cullinen Tracy is the Director of a Women's Healing Center. In her articles, she uses her expertise and information on female bodies and their creations (and they certainly can create... children as well as problems).*

*The Male-Female article offer answers for those who look beyond the commonly accepted explanations about men and women... editor.)*



travel. When it was daytime in Egypt it was night time in the States. People we had left behind were so clearly with us during the day and their astral bodies so strong that more than once I could see these people on the bus and at various ancient sites. I also had strong impressions of what was going on back in California while I slept and had these verified when I returned. This confirmed for me how easy it is to astral travel.

Do your friends or relatives live in a foreign or even a different time zone? Guess what? While you sleep and they are awake they can be putting attention on you and your body so strongly that you either can't sleep, or awaken early. Are you amused? Again, a psychic sleeptime ritual may be helpful, such as adding grounding protection for your body before you leave. At the Berkeley Psychic Institute we learn to get into our bodies, bringing our spiritual abilities with us. But sometimes it is just as important to learn how to leave your body safely. Sweet dreams and have fun! ☆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# Sleeping Disorders or Psychic Phenomena?

by Beth Dunlavy

In recent years, sleep disorders such as narcolepsy, somnambulism, nightmares and insomnia have been given greater attention by the medical profession but they are still barely understood. Intrigued, I decided to take a clairvoyant look at these behaviors which can so dramatically control a person's life.

Narcolepsy is defined by medical textbooks as sudden, short-lasting episodes of sleep that can occur during any kind of activity, even in such hazardous conditions as driving or love-making. In addition to sleep attacks, narcoleptics may experience momentary paralysis when they are moved to laughter, tears or anger. They may experience this as a weakness of limbs (weak with laughter) or they may fall down. Other symptoms include sleep paralysis; when falling asleep or awakening they are conscious but cannot move their bodies. Narcoleptics may experience extremely vivid visual or auditory hallucinations during an attack. One medical reference book states "amphetamines are the treatment of choice in sleep attacks."

**Narcoleptics are spirits... capable of leaving their bodies quickly.**

Anti-depressants are suggested for the momentary paralysis. Medical doctors are at a loss to explain the cause of narcolepsy, however they note that narcolepsy may sometimes run in families or result after head injuries.

I see narcoleptic attacks as a psychic phenomenon. Narcoleptics are spirits who are capable of leaving their bodies very quickly. Most people require a period of relaxation and preparation to fall deeply asleep and leave their bodies. Narcoleptics, many of whom never are fully awake and completely "in the body," leave their bodies so quickly it is as if they are catapulted from an ejector seat. I see that narcolepsy is a problem only because mischievous beings without bodies are often the ones that press the ejector seat button. The momentary paralysis and sleep paralysis are caused by being only partially in the body; once the narcoleptic gets in the body and "owns" it, he or she regains control and the paralysis subsides.

Somnambulism, or sleep walking, is another mystery to the medical profession. "The patient may sit or walk, or behave in a complex fashion. The eyes usually are open, but without evidence of recognition. Patients may mumble repetitiously and some injure themselves on obstacles..." (Current Medical Diagnosis and Treatment, 1985)

When I look clairvoyantly at sleepwalking I see that while the owner of the body leaves to go out on the astral, sometimes another being moves into the body to try it out. These beings are very interested in the mechanical levels of working with a body. The sleepwalker usually has very strong agreements to accommodate the visiting spirit(s).

Nightmares often affect adults as well as children. Medical reference books note that they are more common during fever, after drinking alcohol or when excessively fatigued.

I see nightmares as a result of several factors. Sometimes when a sleeper is at a very low level of energy, either from being very tired or sick, he or she may experience a tremendous amount of energy that has collected in his or her space. This energy can be overwhelming and keep a spirit feeling trapped and unable to move up to a comfortable level on the astral. (Ever wake up from a nightmare and then fall back asleep only to experience the same dream?) Other times you may be encountering beings who cannot have very much and get their kicks out of scaring you. (In that case, get out your ray gun and zap 'em good!)

Insomnia is a common sleeping disorder which simply means "difficulty in sleeping." Insomnia is often traced to stress, worries or too much caffeine or alcohol. As people age, their sleep cycles often change resulting in restless nights. Insomnia is the focus of medical studies because it affects a large proportion of the population and sleeping drugs popularly prescribed in the past have been shown to be ineffective, especially for long term use.

I see that insomnia is often caused by Kundalini energy, a high-powered body energy which can be stimulated by caffeine and stress. This energy may turn on at night to heal the body; it sometimes causes hot and cold flashes.

I also see that if a body isn't treated well during the day it may be uncooperative at night. Sometimes, when overly tired, a person may lie down to sleep only to experience aches and pains or recall worrisome incidents from the day. To make things worse, the more he or she yearns for rest, the less likely he or she will find it. Sleep and escape out to the astral may be elusive until irritating energy is released and the body can relax. ☆

# Bowl Pa

# Psychic Children

by Rosanna Taylor

## Dreamscape: Enjoyment or Terror For A Child

Dreams for children can be a very magical space where they can explore their fantasies ... I dreamed I was a fairy princess ... a knight fighting the dragon and winning ... a king of a magical kingdom where the unicorns live ... dreams can be a very scary place where monsters live.

Being very much into dreams and their meaning, I have in the past spent many hours diligently recording seven or eight dreams in a journal each night. Soon I found myself spending more time at night writing than sleeping and decided I would rather sleep and just enjoy this dream space. During this time, I set up what soon became, and still is, a ritual with my three children. Upon awakening each morning, I like to sit enjoying a cup of coffee and recall what I have dreamed. As my children awake they soon join me and we sit huddled in my bed recalling our dreams. We each take turns relating our adventures on the astral.

What has always amazed me in listening to their recollections is that their recollections come in minute details while mine are only bits and pieces.

Of course, there have been the scary times when I awoke to find a crying child standing next to my bed... "the monsters are after me". When my youngest child was three it was "the black people are after me." These "black people or beings" soon became THE monster. Night after night she would awake frightened and crying, we would try to work with the energy. "Let's put the monster in a rose and blow him up." "No," she would reply, "he might get me." All forms of logic were tried but she would still refuse to destroy him. I tried to explain to her that in your dreams you can do anything you want; you can even chase the monster away. All to no avail as "he scares me." This went on for quite some time then one morning she came running into my room excitedly telling me that she had chased the monster away. "I did what you told me. The monster was after me and he was chasing me. I stopped and turned around and hit him. He ran away." The monster has never returned.

How many times can you recall as a child, waking in the night frightened by a dream that was very real only to be told "Don't be silly, it's only a dream. Now go back to sleep." To a psychic child this can be very invalidating as they know, and as psychics we all know that the astral is a place that is very real. On the astral I teach classes, go to classes, bring in and work with new information, and sometimes the monsters come after me too. Yes, dreams are very real.

Not long ago my daughter, now eight, came running into my room in the middle of the night, dove under my covers yelling "Quick Mommie bring in some Christmas energy or Birthday energy, I'm scared." Half in my body, I started to ground her and brought in some Christmas energy. Not being quite fast enough for her, she exclaimed "Hurry Mommie, hurry." By the time I had grounded her she was fast asleep and back on the astral playing with her friends. In the morning I asked her what was going on. "Oh, we were just playing and it got a little scary. That's all."

One night I awoke to find my son then fourteen sitting on the edge of my bed trembling and shaking. He began telling me of a being that had come into his room. My son had gotten out of his body and followed this being through the various rooms in the house, down the hall and into my room. He saw this being as sparkling colors of yellow, gold and white. He then told me of the others in the livingroom. While he was talking I grounded him, making it safe for him to get back into his body. When he spoke of the others, I asked how many there were. He said 24. As a clairvoyant, I looked and there in the living room were 24 beings having a wonderful party. By using our psychic tools we were able to get rid of the fear and within a few minutes he went peacefully back to sleep. In the morning we were able to talk about what had happened, laughed and were glad we hadn't missed the party. On many an occasion, we have put monsters or black beings in bubbles, tickled them and thrown them away. Late hours of the night have been very exciting at our house.

Then there are the magical moments. One evening I talked to my youngest daughter about a baby being friend she would like to see her mother give a body to. "He's a special friend of yours, isn't he?" I asked. "Yes," she replied. "Do you play with him at night on the astral?" "Yes," she replied and then in a whisper she told me a wonderful secret. "At night, I go play with him and we have a dream book. In this book are pictures of different dreams. We go through the book and pick which dream we would like to go into. Sometimes he likes to go into scary dreams but I don't. When we find the dream we like, we just go into the picture and it happens." ☆

# WAKING UP TO YOU

by Robert Cole

Sleep is the first mysterious cycle which we experience as human beings. For a strange unknown reason, usually whenever it starts to turn dark outside, we feel a gentle peace coming over us and eventually we fall into sleep. And we generally all fall at about the same time. Nobody ever questions why. Even in our earliest years we are taught to coordinate our life around the time which is not night, the time when we are not asleep. But the cycle of sleep and the cycle of night are mysteries, and they continue to appear in our life with unfaltering regularity day after day.

Being conscious of the cycles which occur in life is the real study of astrology. The rhythms of life are so astounding and complex, simple and gorgeous that we overlook them. Astrology strives to bring the mind back into the basic consciousness of life going in cycles. It's an extremely fundamental concept. The simplicity of the concept is the reason why it has lasted so long through the years. Just thinking about the natural cycle of sleep in our lives proves to be an extraordinary example of reviving the simple daily awareness of Nature.

From personal contact with thousands of people who observe their astrological charts carefully, I have come to the conclusion that consciousness about sleep results in a much different perspective, one quite contrary to the standard norms for sleep patterns. In fact, modern standards for sleep are designed to keep the workers working and the consumers consuming. This idea that the best way to sleep is in one large 8-hour period during the darkness is an idea which became popular during the Industrial Revolution. Naps were too hard to schedule into a system of mass production so all sleep was pushed into the night time at the expense of the time to be shared with those at home. The 8-hour work day is a distortion of the natural (or non-industrialized) human cycle which apparently fluctuates between wake time and sleep time much more frequently.

In the old days, before digital clocks and 8-hour production schedules, two-hour naps were interspersed throughout the day. The first nap time was immediately after sunrise. Apparently most of one's immediate personal work was done during the early night time from about 2 am to 6 am, so taking a nap after sunrise was appropriate; one could even sit in meditation as a way of resting the body during this time.

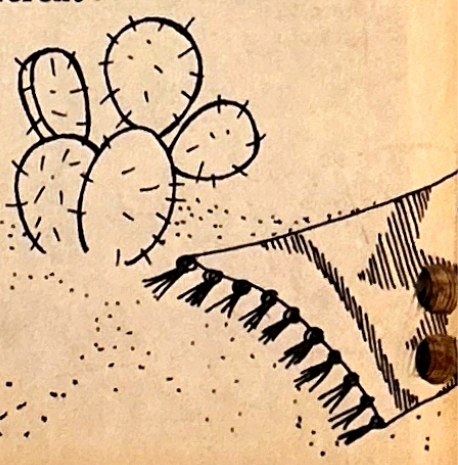
The second nap time was traditionally right after high noon. Latin countries still observe the siesta nap time from noon to about 2 pm. This seems to be a most comfortable way to reduce the stress of the busy work hours.

The next best time in the day for a nap is right after sunset. After a most active time of cooperative productivity in the afternoon, a brief period of relaxation right after sunset feels so good. Remnants of this nap time are visible in the modern-day happy hour; it is a period of loosening up in an atmosphere of leisure. This particular nap time preceeds the early night time family activities. In the hours between 8 pm and midnight the family shares its chores; it is also the time when most of the attention is given to the children.

The time for the deepest sleep time is right after midnight. For about two hours after the clock strikes twelve, you can reach your deepest levels of sleep. Sleeping in the middle of the night is not uncommon; but sleeping for only two hours in the very middle of the night is contrary to the modern work schedule. The modern work schedule, by pushing all the sleep time into the night, eliminates a very important stage of development. The very early morning hours, right up to sunrise, are exceptional times for taking care of one's self and doing other private things. But the work time from 2 am to 6 am is usually used for more sleep these days; in the past, the hours of the night were respected much more for their inspiration and peacefulness.

Our patterns of sleep are being revolutionized as our social structure is reshaped by the inventions of technology. We each experience our own individual cycles of sleep. Some distinctions can be made on the basis of zodiacal sign. Using modes is probably the easiest reference point for understanding how different people sleep.

CARDINAL SIGNS: ARIES, CANCER, LIBRA, AND CAPRICORN —These people seem to be able

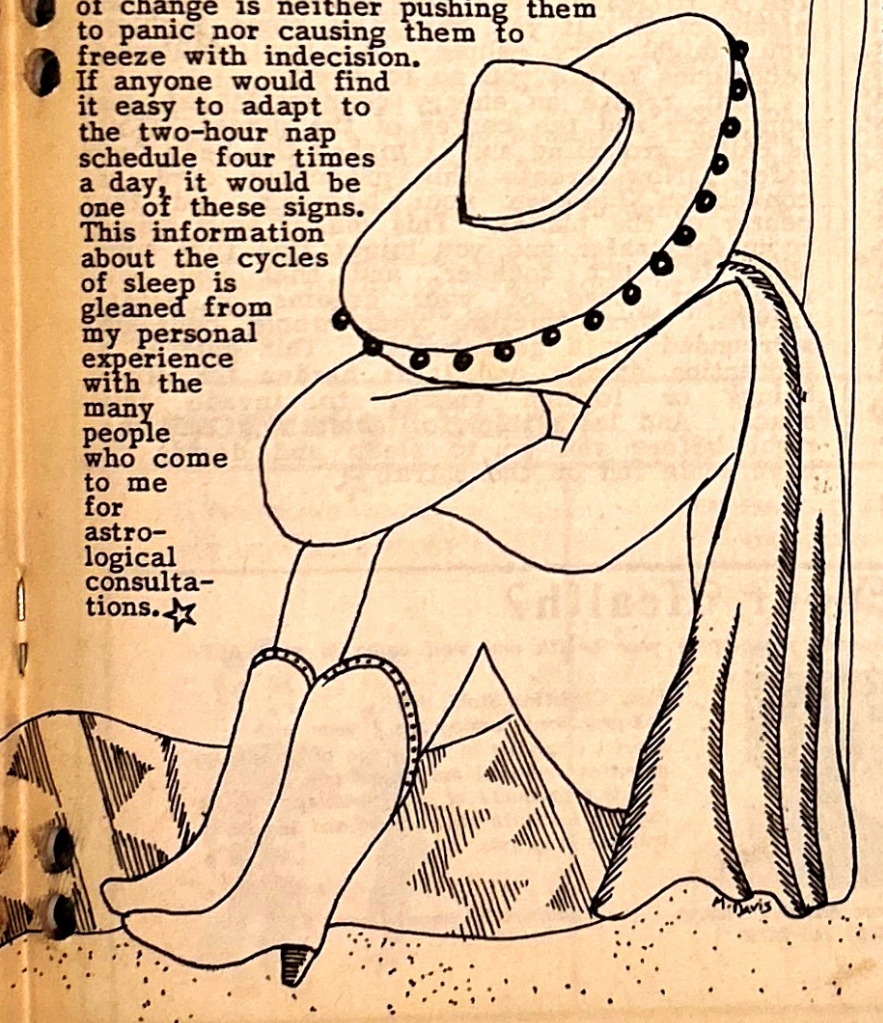


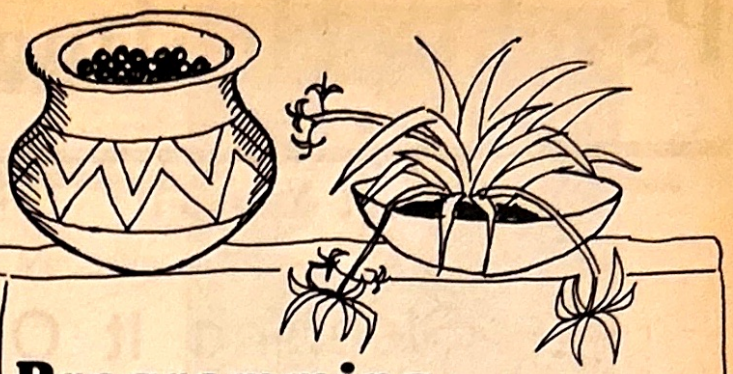
# R STARS

to fall asleep instantly. They catch their sleep quickly and seem to be capable of shifting in and out of sleep with very little upset. These people also release much stress in their napping times; dreams and visions come frequently and vividly to them.

FIXED SIGNS: TAURUS, LEO SCORPIO, AND AQUARIUS —These folks do not make the transition in and out of sleep as quickly as the cardinal signs. These people take their time getting into sleep but once there they are difficult to rouse. The fixed signs are the most solid sleepers. I would imagine that this second category includes those who find the 8-hour night time sleep schedule best of all.

MUTABLE SIGNS: GEMINI, VIRGO, SAGITTARIUS, AND PISCES —I believe that these people adjust to sleep much better than all the other signs. Their life is generally more relaxed because the pressure of change is neither pushing them to panic nor causing them to freeze with indecision. If anyone would find it easy to adapt to the two-hour nap schedule four times a day, it would be one of these signs. This information about the cycles of sleep is gleaned from my personal experience with the many people who come to me for astrological consultations. ☆





## Programming Your Astral Body

If you close your eyes and imagine seeing yourself in your favorite dream, what you are seeing as yourself is called your astral body. This is the part of yourself that goes on to the astral plane during an out of body experience, a day dream or whenever your body sleeps. In many ways the astral body reminds me of my shadow.

When this body goes out onto the astral, it has no responsibilities, no ethics, can create and destroy, be all over the universe at one time, can heal itself or go to lectures. The options are limitless, as you all know as you recall your favorite dreams. Many times problems that you can't seem to resolve in the body you can solve when on the astral.

The astral body usually leaves the body through an energy channel called the silver cord that attaches to the 3rd chakra in the physical body and to the astral body. This happens much in the same way that a string holds a kite up in the sky to keep it from blowing away. Life experience that you gain while on the astral also travels through this cord to your body and you can integrate this information.

Have you ever woken up with a jolt in the middle of the night? That's your astral body slamming right back into the body. Sometimes that's the body going into fear of losing the astral body or the astral body being afraid of being separated from the physical body.

Many times when you wake up feeling exhausted or not yourself, other energy or beings have come back with your astral body and the body tries to integrate it and it just doesn't feel right. Sometimes too, the astral body doesn't get back into the body all the way or if it does it might be in backwards; this can make you feel unrefreshed too.

So how do you start to decide what you are going to do on the astral and who with? One way I get communication on this level was to take a beginning meditation class at the Berkeley Psychic Institute. I learned about grounding, mockups and protection roses. These spiritual tools apply when you are in your body and when you are out of your body. Another way you can make these decisions is to follow these simple steps as you are just about to fall asleep: Imagine your astral body as one of your favorite colors. Decide what kind of dream you would like to do. Decide that when you wake up in the morning, the body is going to feel refreshed and healed. All these steps take about one minute. And it works!

For those of you who are new to psychic energy and these sorts of concepts, it will take some practice to start getting your dreamlife in order. You just might surprise yourself.

See you on the astral!

Jan Classen

# Psychic Healing

## You Do It Yourself

by Shelley Hodgen

## Sleeping It Off

"Now I lay me down to sleep
I pray the Lord my soul to keep
If I should die before I wake
I pray the Lord my soul to take"

This well known prayer is often taught to children to say before they go to sleep. I said this prayer as a child and I remember that it had a soothing effect on me. Sometimes I was afraid to go to sleep and I've seen this same fear happen to other people. Why would someone be afraid to go to sleep?

Well, the answer that I see as a clairvoyant is a very simple one. When you lay down to go to sleep, you the spirit leave the body and go out onto the astral plane. A silver cord of energy attaches your astral body to your physical body at the third chakra or solar plexus. This way you can keep track of your body even while you're out astral traveling. The fear you might feel before you go to sleep is your body feeling a little worried at being left alone or maybe, as in the childhood prayer, that you the spirit won't ever come back to it.

Some people feel this fear so intensely that they lay awake for hours worrying about all kinds of things until finally, from exhaustion, they pass out. I had one student, Cindy, in my psychic healing class who had this problem. When some psychics took a look at it clairvoyantly they saw another being around her that vibrated at a negative or survival energy level. As Cindy would begin to leave her body to go onto the astral her body would become afraid that this being would possess it. This fear made it hard for her to leave her body and get too far away from it. When you find yourself waking up several times throughout the night--usually waking up suddenly with your heart pounding and feeling a little afraid -- there may be a being hanging around your body. When some people wake up like this they even have the feeling that someone else is in the room. Well, someone else is--that other spirit.

Children are very sensitive to spirit and often have the problem of this bedtime fear. When I was a child I knew there was someone else in the room with me, but when I became afraid everyone would just turn on the light and say "there's nothing here." Fortunately, for Cindy and other people with this problem there are some psychic tools to use. Cindy learned how to sense the presence of the other being in her room and how to mentally tell it to leave. She also learned not to be afraid of it. If you have this same problem you might try some of the following techniques before you go to sleep.

First, create an energy connection between your body and the center of the planet. This is called grounding and it makes the body feel safer. Now create this grounding cord or connection between your bedroom and the center of the planet. This makes your whole room feel safer and you might find that your sleep is much sounder, and that you will remember more of your dreams or astral travels. Next, picture your whole bedroom surrounded by a gold bubble. This gold is a protection energy and it is harder for other beings or foreign energy to invade this space. And last, think of something amusing right before you go to sleep and decide to have some fun on the astral!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*Rev. Christina Stohl, RN has practiced nursing for 7 year with special emphasis in the areas of physiology, nutrition and wellness education. She is a graduate of the Berkeley Psychic Institute clairvoyant and teacher training programs.*

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# Psychic Questions & Answers

by Carol McCarthy

## The Sleep Cure

**Is there a relationship between going to sleep and healing yourself?**

Yes. Not only do modern day healers see the correlation between sleep, dreams, astral travel and the ability to heal oneself, but ancient temples and communities were dedicated to this concept.

The most popular healing center of ancient Greece was the shrine of Aesclepios. The Center was set apart from the inner city to a more healthful and restful area. Two of its major healing practices included the use of water for bathing and soaking, and the use of sleep for healing, referred to as incubation.

The initial bathing was the preliminary for incubation, or sleep. The healers believed that this had a purifying effect both on body and soul and prepared the soul to be in communication with God. The sanctuary was for sleeping and it was believed that if the patient dreamed of or saw a vision of meaning it was a sign of healing. This was then a healing dream and a direct means of cure. In fact if the patient didn't have a dream of significance he was thought to be incurable.

All those cured were instructed, sometimes in the dream itself, to write down or record their dream. This was also felt to have a healing effect.

From this concept of sleep and healing dreams, came the idea of having a couch in the psychiatrist's office, although the original concept has long since been lost.

Even in veterinary medicine it is believed that by giving an animal a medicine to make it sleep for a while, it takes the stress off of the animal in pain, and when it awakens will be healed.

Aesclepios was dedicated to healing the sick but like many healers of today, also understood the importance of the patient's dedication to self healing and being in communication with the God of his heart.

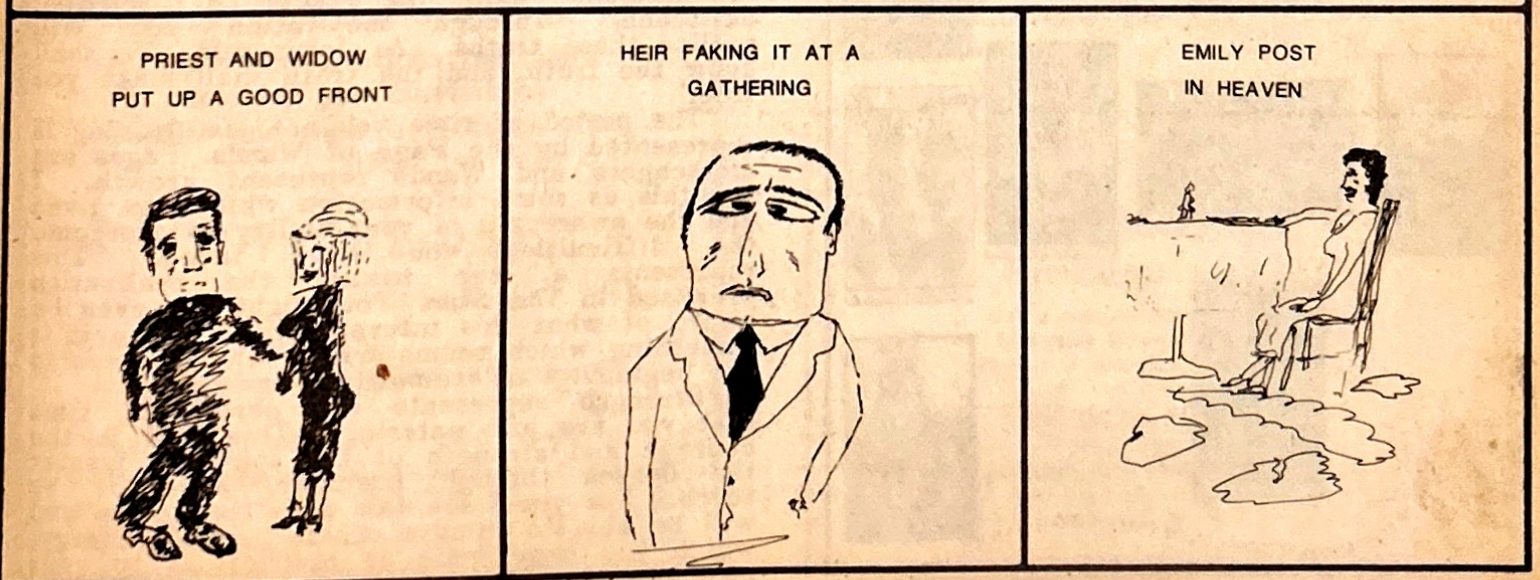
References: **Cure and Cult in Ancient Corinth**
Mabel Lang
**Ancient Incubation**

For more reading about Aesclepios:
**Greek and Roman Religion,** John Ferguson, Noyes Press, Park Ridge, NJ, 1980
**Greeks and Their Gods,** W.K.C. Guthrie, Boston Press, Boston, 1950 ☆

*(Do you have a psychic question that you would like to have answered? Your questions may be sent to: Psychic Life Magazine, 1339 Lincoln Ave., San Rafael, Ca, 94901, in care of this column... editor)*

## Beyond High School

by Dennis McCarthy



# Healing with Tarot

## Dream Insights: How To Use Them

by David Ponedel

Often the spirit can begin to instantly make real its creations on the astral, or dream plane, as a first step to creating in the body. It is only in the body that physical things can be actualized.

Rita had some questions relating to this topic. A tarot reading cast for her gave a few answers. Rita said she was concerned about having to wait for things to develop in her career. Time was distorted in her dreams and this caused some confusion. Rita's question was, "How can I translate information gained by the spirit on the astral into my everyday life? How can I gain seniority over my dream life?"

"Rita, the card which symbolizes your question is the **Six of Wands.** Wands are the suit of growth and of the will. This card pictures a man who has received the laurels of victory. In terms of your question, I see this as your desire to establish your will as a spirit, to grow and to gain victory in, and seniority over, your dream life. Your desire is to be in control of, rather than the effect of, the situations you encounter while on the astral plane.

"The obstacle to your achieving this is the **Two of Swords.** Swords are the suit of the intellect. The card shows a woman holding two swords in balance, presided over by a crescent moon. I see her as you trying to analyze your experiences of dreaming when you awaken. You begin to second guess yourself. The effect of this is that changes which might be made get undermined. Your ability to grow in this area tends to even out or to stagnate. This is how your intellect can become your obstacle.

"The far past is shown by the **Ten of Swords.** This card of a man with ten swords in his back, is one of ruin. This reflects a time when you were at the mercy of other beings you encountered while on the astral plane. Much of your information was taken by these beings impairing your ability to grow. Presently you have acquired, and know how to use, several spiritual tools which can protect you from being the effect of the control games of other spirits.

"The goal to which you are moving is **The Star.** This is a card of hope; it is the knowledge of the facts of physical existence in harmony with the facts of spiritual existence. Through meditation you will realize these truths. As Jesus said, 'Ye shall know the truth, and the truth shall make you free.'

"The period of time you are just leaving is represented by the **Page of Wands.** Pages are messengers and Wands represent growth. I see this as some information which has given you the awareness of your ability to overcome the difficulties you have faced. This represents a step toward the realization promised in **The Star.** You might not even be aware of what this information is; often it is something which seems trivial which ushers in the beginnings of tremendous changes.

"**Strength** represents the period of time that you are just entering. This card is the courage and strength of the spirit to master the senses through harmony, and not by force. For you I see this as a time when you will be able to remove others people's energy, which you experience as restrictions to your own spiritual freedom, from your space. By

enhancing your own abilities you push out the concepts which you may have now that are not really your own.

"Success, contentment and happiness are the traits of the **Ten of Cups**; this card stands for your own position in this reading. You enjoy your dream space a lot. It helps your emotional well being, and gives you rest and recuperation. This is your present time dream life, and you can see it is very different from how it used to be as represented by the **Ten of Swords.** There is much amusement and enthusiasm here. I see this as a reflection of your spiritual certainty, which you have been fostering for some time now.

"The **Seven of Cups** is in the place of your environment; it pictures a silhouette of a man gazing at seven cups, each with a different illusion in it. The cups appear to be real, while the man appears to be illusionary. This is where other people's ideas about you influences you and is the basis of your intellect as an obstacle. As Jesus said, 'The kingdom of heaven is within,' yet these people would have you believe it is without. Where you get stuck is in trying to figure it all out from their point of view, and it does not work for you.

"**The Chariot** is in the place of hopes and fears. For you it represents a hope. It is a card of triumph, and of victory of the spirit over nature. You wish to be able to use your astral information rather than having it remain a mystery to you.

"The final outcome is shown by the **Ace of Swords...** I see that you can use your intellect as a tool of the spirit for your growth and understanding, rather than have other people's information cause it to become the source of confusion for you. In this way the **Ace of Swords** represents your greater understanding of yourself. As you grow in spirit, your certainty, seniority, and understanding will grow as well. I see you finding the energy to make the promise that you are seeking in **The Star** a reality in your every day life." ☆

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# A Psychic Tourist:

The maze of death beneath the architectural wonder of Rome's Colosseum.

# Voices From The Catacombs

by Jane Genco

No one ever told me that the catacombs of Rome were a subterranean graveyard. If I had known I probably would never have gone in there. I ran into the dark cave and down the damp steps to catch the last English-speaking tour of the day. I caught up with the voices. They did speak English. Suddenly, I knew I was supposed to be there. I grounded myself (a technique of self-healing) and began to listen to my tour guide. It was a difficult thing to do.

He told us we were in the Catacombs of St. Calixtus. This catacomb, like many others in Rome, was a place of refuge for the early Christians. The catacombs were a series of underground corridors, warrens, rooms and sepulchres.

As I walked, I became very sad. I looked up all along the walls and saw body length holes hewn out of them. Some were very long. Others were very small. "Children were usually buried at the top," the tour guide informed us, "and families were kept together." I suddenly realized that in the unpronounced war upon the new Christians, whole families were eliminated at once. Clairvoyantly I could see many of these people were still there. Some of them showed me valances of skeletons; all of them showed me valances of poverty and oppression. I noticed they looked at me strangely. I neglected to say hello to them, matching the atheist energy I was engulfed in. The whole time I spent in Rome I was aware of a very strong energy that seemed to come from the Vatican and which denied the abilities of spirit to have their own information.

"Now if you will all step in here," our tour guide asked, as he directed us into a lighted warren. Being the closest to him, I went in first. Before I even got into the main part of the warren, I was crying. The energy built and I could feel myself becoming hysterical. I realized I was not in present time. I was in the second or third century. I was a poor servant woman and a new Christian. I had come to believe in this Christ and his God because of a friend of mine who was so devout. She was beautiful. I don't know if her beauty was because she had a lovely physical countenance or if it was due to her extraordinary faith. I only knew I loved her and believed her. In present time, there in that warren, I was only half-aware of what I was remembering. I was confused. Then I turned around.

I gasped. On the cobblestone ground a marble body layed in death. It was a woman. Her face was turned to the ground, and her beautiful hair fell across her head covering it. Her hands were poised in front of her as she layed on her side. One hand had one finger pointed. The other hand showed three. She was clearly speaking to us. One God—three parts; the Father, the Son and the Holy Spirit. Her throat had been cut and she had been left to bleed to death.

I stood there watching, hysterical. I kept flashing in and out of past time. I couldn't hold back the tears, in either century.

The tour guide told us that we were seeing the tomb of St. Cecilia Metella, a common Christian killed on the street for her belief. The Catholic church made Cecilia a saint some 300 years later when this section of the catacombs was uncovered and Cecilia's body was found intact in perfect condition as if she had died that day. The church declared it a miracle and immediately had a statue made depicting the exact way her body was found. It rests in that very spot now. It was shockingly accurate to someone who had witnessed the event. Cecilia had been my beautiful friend and I had watched her die!

When the guide began to usher us out, I didn't want to go. I didn't want to leave her. But I was afraid of getting lost in the maze of corridors, so I finally left before the guide got too far out of sight. Then the strangest thing happened. I wasn't frightened anymore. I didn't feel small any more either. In fact, I was feeling bigger and taller and stronger. Suddenly, I knew where I was. I recognized these dark wet hallways and I felt that I had a huge lumbering male body. As I walked, I remember looking down at my very large hands. I watched myself carry in bodies and hoist them into the holes I had fashioned. I saw myself seal the holes with a kind of cement. I knew clearly that this was my whole life. I worked down there and I lived down there. I did nothing else.

I kept coming in and out of present time. Again, I was the young woman who entered this labyrinth of death on a tour in the summer of 1985. The tour guide was showing us a hand carved marble mural that looked about six feet long. "We believe this is the Sealing Stone for a Pope's coffin," he began, "...we believe a Pope is buried here." Just then, I saw myself as the huge grave digger again, trying to hide behind the wall. It was not a work day, but since I lived in the catacombs, I was already there when this spectacle began.

It was the burial of a Pope. I'd never seen anything like it. Rows of Cardinals, dressed in white sequined gowns, ushered in a white coffin draped with a red cloth that looked like the robe Jesus lost.

Later I learned that the Catacombs of St. Calixtus are undoubtedly the most important in Rome. It is said that most of the tombs within it are those of third century Popes. As I stood looking at this sepulchre in present time, I saw the energy inside the coffin was the same white energy of a being without any remnants of a body, just like I saw in the tomb of St. Peter. I began to notice that all the graves of Pope's throughout Rome had no traces of bodies in them. I saw that they left only enough of their energy so that mankind would recognize that a Pope was buried there. I saw that this was a gift they had learned from Jesus upon losing their bodies. I also saw that the Popes had some sense of this great secret and it was part of the cause of the church's deliberateness in selecting their papal successors; attempting to find someone worthy of the secrets that would be unveiled to them. Again, the words of my tour guide brought me into present time. The tour was over.

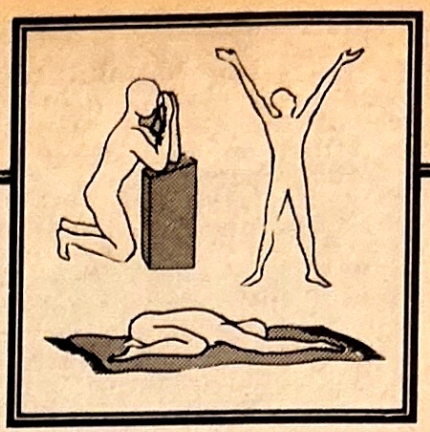
I went to many places in Rome and I went through similar experiences of recalling past time events in each of them. The last was the Colosseum. I almost didn't go at all. My friend insisted that we run over before it closed since she lived close and I was leaving Rome the next day. Once inside the great amphitheatre I had to laugh. Clairvoyantly I saw nothing I recognized. I thought of nothing. I felt nothing. We wandered around the first floor and then my friend insisted I go up to the second floor. They charged three thousand lire and she couldn't afford to accompany me. "Go ahead," she insisted, "I'll wait here." I went up the ancient steps. Still nothing came to me. I was so excited. Finally, I had come to a place in Rome I had never been before. When I reached the top, I walked along the walkway and some guy said, "Great view, isn't it?" He was standing near the railing and looking down. I walked over and looked down myself. I almost fainted.

The catacombs of Rome housed the bodies of the early Christians.

It didn't take but an instant to recognize that maze of stone hallways that made up the underground holding tank that existed beneath the Colosseum floor. Only the floor had been long removed. I looked straight down into the hallways that led to my death. I watched myself die. I felt sick. I tried to come back into present time. I realized that I was up against more in this city than I was prepared to cope with. I was battling the programming of the Vatican NOT to be psychic, NOT to heal myself and I was trying to come to terms with the many past lives I had lived in this city. I went down the steps I'd never walked before knowing I'd never been a Roman, always a Christian. It felt good. My friend met me at the bottom stair with a smile. Clairvoyantly, as I looked at her, she showed me a valance of her as a man wearing a Roman guard costume. I suddenly realized it was she who had ushered me to my death there.

"Are you ready to go?" she asked me in present time. I probably nodded. I took the first train out of Rome the next morning. I finally laughed, twenty one hours later, when the train crossed the border into Austria. I was that far away from Rome and the Vatican before I remembered amusement. ☆

# How to Pray



by Rev. Karen Tamura

## Whose Rules Do You Pray By?

Do you recall as a little child the first thing that you learned about prayer?

Praying was usually done at bedtime, in church and before meals. These seemed to be good times to give God his due homage.

Some of the first prayers probably were: "Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take. God bless mommy and daddy and..."or before meals: "God is great, God is good, let us thank him for our food."

These were simple rhymes that were easy to learn, but they started out our training in how to communicate with our God as recitation rather than communication. I never felt like I was saying hello to God and telling him about myself and what I thought about things in general and specific, but more like I was reciting something for the person standing or kneeling next to me.

Regardless of this, before you go to bed at night is a great time to take a few minutes to say hello to God. It is a time when things are as relaxed as they are probably going to get and you are in your own home and are free to please yourself.

How does a modern adult psychic who wants to have a clear clean communication with the God of his heart go about it?

As with any relationship or communication with any person, you have to decide to put aside some time for discovering about that person and the way that he likes to talk to you. You get to know him better and in the process learn more about yourself.

It is a lot like seeing an interesting looking man across a large crowded room. Your friends start to tell you about that person, who he is, what he likes and what he doesn't like in people. They tell you what kind of rules you should follow while you are around him. And if that person whom you are talking to doesn't really want you to meet that man, or they have created ideas about that person that aren't true, they will give you their version. You will walk away with a myriad assortment of pictures of why you can't go up and talk to that person...and so you never meet him.

This is what happens with God all the time. Everyone tells you about who God is and what he wants from you and how you are supposed to behave around him and for some reason it's easy to let it go at that.

Maybe you have never really met God. Maybe your communication to him is restricted to someone else's concepts of how, when, and where you should communicate.

Have you taken the physical time and space to communicate with God?

You can put aside other peoples rules and regulations and ideas of what pleases God and walk up to him and say hello, and spend a little time talking to him. You will learn for yourself what he likes and what his rules are. They may be extremely different than what you thought they would be. Remember, God doesn't have a body and most of the rules attributed to him have to do with having a body and learning how to get along with other people. "Thou shalt not steal,

### Morning Invocation

As I wake to myself and become aware of my surroundings this morning, may all that I see be in present time.

May I reserve judgement for the Supreme Being and instead of judging myself, may I give to myself the validation I need to create something new and unique unto myself this day. May I have the audacity and amusement to do so.

May I be able to clear out enough of others' mental image pictures from my awareness, so that I can communicate with the God of My Own Heart in amusement and enthusiasm.

And not be confined to the ways of my past and the gods of yesterday.

I forgive and let go of all that blocks the flow of energy within my body.

I affirm my creative essence and call back my life force.

I revel in the Freedom of my continuous becoming and growing.

I wish to allow others their own path and in so doing, find and enjoy my own.

Amen

thou shalt not kill, thou shalt not commit adultery."

These things are harmful to other people, not to God. You have to learn how to get along with people and be nice to them. How else do we keep this world from being a terrible place to be.

I think God likes and totally wants these things to be followed as much as possible, because if you do kill, or steal indiscriminately you destroy all the other games that people want to play. The planet affords us with an extremely varied choice of what we wish to do, experience, and learn about. It is the miracle which God created and I don't think that He wants to see it destroyed. I think that He is basically **for** these rules. But they are not rules made **for Him**; He doesn't have a body.

Your communication with Him is not restricted by these rules. They don't apply in your communication space with God.

So as you move the old restrictions out of your space that were given to you by a third party, there's a brand new person to talk to. Maybe someone you have never met, but that you might have heard other people talk about and you might have even talked about, but never actually met.

How do you begin? The first thing is to create some time and space to start your communication. You don't have to know who a person is before you say hello, you learn as you talk to him. You learn a little more every day about that person.

The problem with many intellectuals is that they have to figure out who a person is before they even say hello.

Say hello! Start the conversation! Find out more about that person who is standing in front of you! Hello God!

Here is a prayer that I wrote which helps you to clear out enough space and energy so that you can begin your talk with God. It is a prayer to remind you that you are a psychic and that you can work with energy so that you have room to talk to God. Enjoy your ability to communicate! ☆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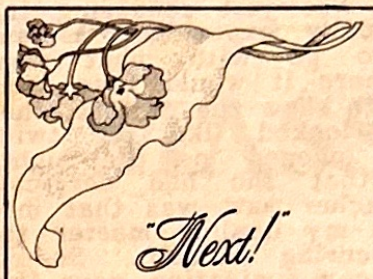

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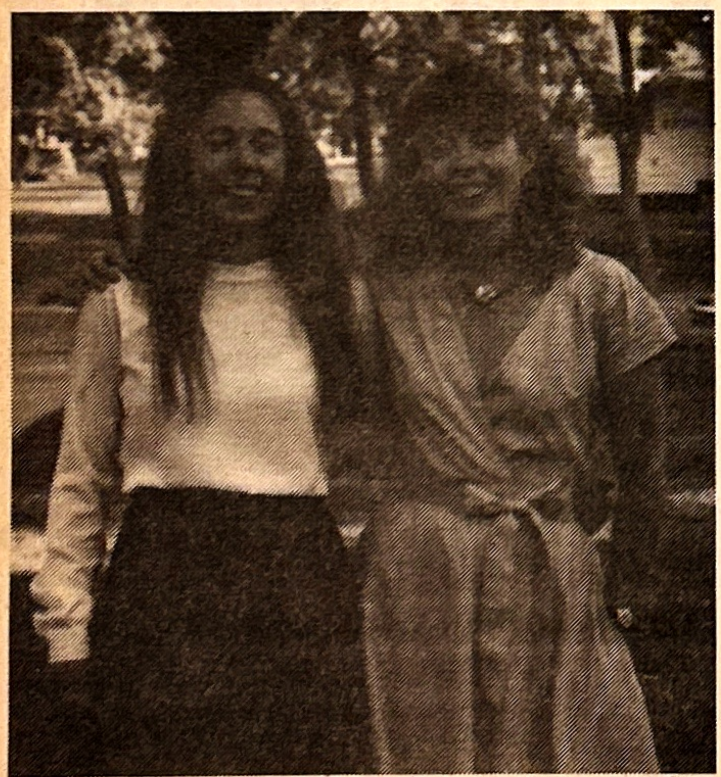
# Miracles

by Julia Ryan

## Cancer Healed

## "This Stuff Really Works!"

It was just before I joined the clairvoyant training program at the Berkeley Psychic Institute. I was a healing student and one week in class our teacher asked us to draw a picture of our healing masters (spirit guides we use to help us heal). My picture was drawing itself and I was just rendering it, something I don't usually experience as an artist. I decided to go with what was happening and see where it would take me. When it was my turn to show the picture, the teacher told me it looked like my twin sister. She had just phoned me the night before to tell me that she had cervical cancer. What my teacher saw was that my sister had taken over my healing master to get information on curing herself. So, I phoned her and began communicating ways for her to begin to psychically heal herself. Soon after that I was advised to have a check-up since I am an identical twin and have matching body pictures with my sister.



These twin sisters both had cervical cancer. The one on the left, a psychic, healed herself, while her sister chose surgery.

After my check-up, I was told that I too had cervical cancer and was referred to a local doctor for a biopsy and treatment.

In the meantime, my sister ceased communicating with me. What she said was that the information I gave her on self validation and saying hello to the God of her heart was an insult. It was then that a fellow student in the clairvoyant training program asked me if I was remembering to communicate with my healing master. I realized then that a whole universe lay open to me on how I could heal myself. I started to communicate with my healing master and asked her to work on clearing out the matching concepts I shared with my sister, and to clear out the energy of my father. I brought my agreements with my father and my sister into present time and worked on completing the karma. Then I sent my healing master to my sister to complete the healing with her as well. I sent my healing master to my father and had her help me complete my cycle with him. At the end of the week, I went to a healing clinic where Rev. Lida Eichenberger gave me an out-of-body healing. Rev. Jon Cotton grounded her body while she went into my cervix and broke up the energy there. She said I had been healing my father's energy in my space. Unfortunately it doesn't work that way and that energy was causing the problem. The following week I went for the biopsy and casually mentioned that I did psychic work. My doctor complimented me on my low blood pressure and set up the colpascope. When she scanned the cells for something to biopsy, there was nothing but healthy tissue. All she could say was "I hope I look half as healthy as you! Whatever you did with your psychic stuff really worked. This is really something else! Where did you say you're learning this stuff?" It took a moment before I realized that she was validating me on healing myself. I walked out of there ecstatic. This stuff really DOES work! I have been in to see her three times in the last year and I'm still as healthy as a horse!

*(Julia Ryan is in the Ministers-in-Training Program in the Church of Divine Man. Besides being a clairvoyant and healer, she is an artist, builder, and pest control specialist.*

*Have you performed or witnessed a miracle? If you would like to share a miracle story with our readers, send it to Psychic Life Magazine, 1339 Lincoln Ave, San Rafael, Ca. 94901...editor)*

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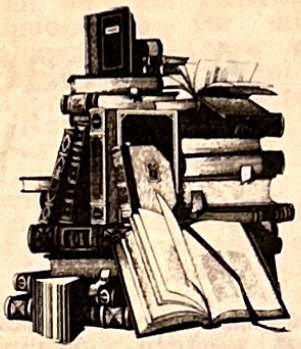

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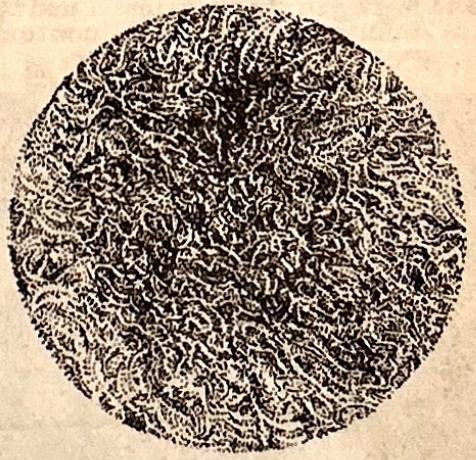

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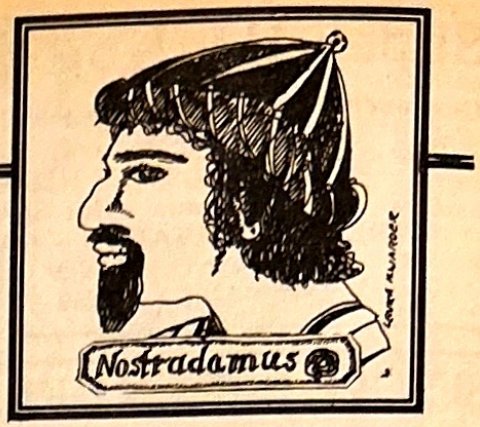
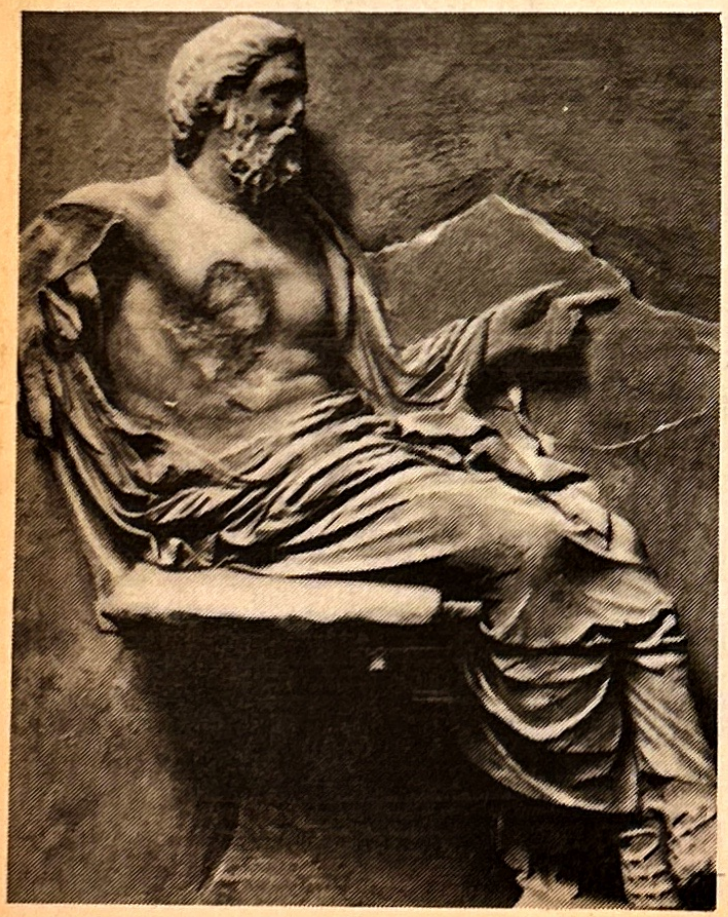



by Christy Lynn

## Hippocrates' Approach To Wellness

Hippocrates is perhaps the most famous physician in the history of western medicine. Many people are familiar with his honorary title as the father of modern medicine. Doctors learn the Hippocratic Oath and speak of his body of professional ethics which are so important to the American medical community. But, who was this man who the western world idolizes as the greatest medical healer?

Hippocrates was born 460 years before the birth of Jesus on a small, lush, Greek island called Cos, nestled in the Ageanic Sea. His father was Heradides, a physician. It is reported that Hippocrates was descended from Aesclepius, the Greek god of healing. Hippocrates was truly born in a golden land in a golden age. Cos was an island of fruit trees and high mountains and perfect beaches. Among Hippocrates' contemporaries in Greece at that time were Socrates the philosopher, Sophocles the tragic writer, Thucydies the historian, and Aristophanes the writer of comedies. Greece was itself the crossroads of many great cultures, including Mesopotamia and Egypt, as well as that brought by Alexander the Great from India and the Orient. Along with this melting pot of people and ideas, Hippocrates was also believed to have travelled extensively throughout Southern Russia and Egypt.



Little is actually known about Hippocrates life. Most of what we know of him comes from the body of medical writings, case histories, and observations left by him, though many of the medical writings are thought by most authorities to have been written by his followers, including the Hippocratic Oath.

At the time Hippocrates lived, much was still unknown about the human body. Dissection was almost totally unknown up to that time. Therefore, much of the knowledge we take for granted about the skeleton and internal systems of the body were unknown to Hippocrates. Knowledge of the healing techniques used at Aesclepius were almost certainly known to Hippocrates through his family traditions. With this background of healing and medicine, he strove to understand how the human body worked and healed.

Hippocrates was an empiricist. He used his personal examinations and observations to look at what was unique to each individual. It is interesting to note that the New Webster Encyclopedic Dictionary defines empiric as, "one who relies only on experience and observation, as opposed to theory based on scientific conclusions; specifically, a physician who enters on practice without a regular professional education; an ignorant pretender to medical skills; a quack; a charlatan." Do modern day doctors really know who Hippocrates was?

To quote Hippocrates, "Nature heals disease. Inherent mechanisms act automatically as reflexes, much as the reflexes that we use in winking the eyelid or moving the tongue, for nature is active without training and without schooling in these essentials." (Epidemics Vol. I, Chapter 5)

Benjamin Lee Gorden, M.D., author of **Medicine Throughout Antiquity** writes of Hippocrates; "He judged the patient's state of health by the face, posture, voice and excretions. Hippocrates gave a general observation on the importance of cultivating a knowledge of the effects which the different seasons, the winds, the various kinds of water,

the situation of the cities, the nature of soils, and the modes of life, exercised upon the health,... He treated of the various kinds of water and their effects in different states of the human constitution."

"Hippocrates confessed he could not tell which drugs possed specific curative qualities... In his own method of treatment, he relied upon nature, which he considered the great healer, and he believed in following the policy that would assist nature. This he did by measures found in common sense, consisting in supervising of the patient's surroundings as to light, air, and cleanliness, and by encouragement and advice as to diet and exercise."

If Hippocrates were alive today, and declared what he saw to be true 2500 years ago, would he be ostracized by the medical community? Much of his knowledge is the same as the work being done in the alternative healing community, homeopathy, naturalpaths, healers; the same people who are being forced to fight for their right to exist with the AMA, Board of Medical Quality Examiners and the government.

Scholars generally agree that the Hippocratic Oath was not written by Hippocrates. It is interesting to note that physicians today do not use the teachings of Hippocrates, based on empirical studies of man and his environment, but instead praise Hippocrates for his ethics, which really belonged to those who came after him and wished to control the knowledge which Hippocrates helped to uncover.

Now it would seem that with the flourishing growth of alternative healing practices, that Hippocrates' true contemporaries are allowing people in the west to share the knowledge of their bodies which Hippocrates helped to reveal.

In his advice to physicians Hippocrates said, "As to disease, make a habit of two things - to help or at least to do no harm." (Epidemics Vol I, Chapter XI) ☆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A listing in a future Spiritual Marketplace directory is free. An individual or group of integrity may apply for free listing by describing in three sentences or less their 1) creed and 2) activities. Current phone numbers, addresses and zip codes are required. Wholistic approaches to wellness may not always fit the needs of this directory. We are producing California's only exclusive directory of psychics. If you are offering a psychic service to the public, please feel welcome to send in your free listing: Spiritual Marketplace, Psychic Life Magazine, P. O. Box 552, 1339 Lincoln Ave., San Rafael, CA 94901.

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# Astrology

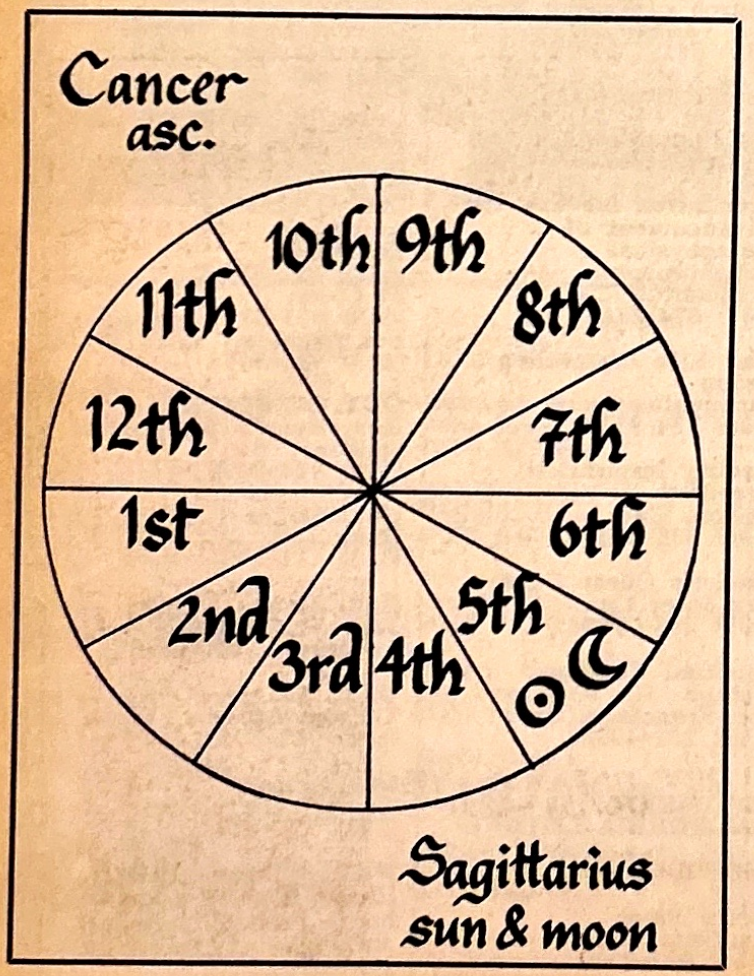
by Beverly Gallagher

## Playful Sagittarius

*Samantha Beal is a Sagittarius. This is an astrology reading on her sun, moon and ascendant.*

**Sun: Symbolic of life force energy, ego and drives. Sagittarius**

Samantha is concerned with the important issues of life. Interested in many far-reaching subjects, she acquires much knowledge and life experience as she pursues these interests. A leader, Samantha wants to be where the action is; she enjoys attention and being in the limelight. Competition can be a problem. An idealist, she is motivated by her ideals and will work hard to see them put into action. Samantha has an abundance of energy and loves to work and play very hard. Starting important projects and setting events in motion utilizes some of this energy. She will not choose a career for herself that isn't fun. She is very direct, honest and blunt. With her strong sense of pride she becomes angry when insulted. Most people will respect her integrity. Samantha will rebel against any restriction and prefers not to abide by any schedule but her own. She has a strong interest in people, religion and loves to travel.




**Moon: Symbolic of emotional behavior energy. Sagittarius**

Samantha is basically optimistic and cheerful and helps others to feel that way. She has a good sense of humor, loves good times and enjoys life in grand style. She understands, enjoys and relates very well to children and is a great teacher. Samantha is very independent and needs personal freedom to be herself. She has strong likes and dislikes and feels a great need to express herself honestly and openly. Her moods are quite changeable and she expresses them dramatically. She fights for what she wants and usually gets it. She can be temperamental and become very angry and then quite calm once the mood has passed. When angry she tends to act suddenly and without thinking. Her rapidly changing moods cause others to be cautious around her. She has a strong interest in the occult, psychic studies and other mysteries of life. Her relationships need to be exciting and stimulating.

**Ascendant: Symbolic of basic personality and body image. Cancer**

Samantha is a sensitive and psychic lady. She can easily take on the emotions of others and make them her own. Emotional security is very important to her. She is attached to familiar surroundings and things from the historical past. She has an interest in family heirlooms and family history. Her home and family are an important part of her life. Samantha is a generous person willing to give of herself. She enjoys protecting people who have been hurt by the outrages of others; a kind of earth mother to all the children and animals of the world. Her sensitivity makes it difficult for her to take criticism from anyone. When feeling hurt she will withdraw into herself and avoid others for a time. Samantha's intense moods and emotions readily come and go and are easily observed by others as they affect her entire body. She has an air of authority and power and appears strong, self-confident, proud and in self-control before others. ☆

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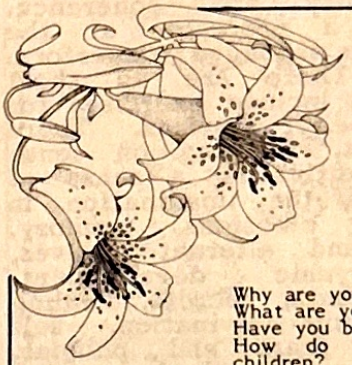

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# Intellectual Corner

## Book Review

**Create Your Own Reality** by Nancy Ashley

The late Jane Roberts (she died in the fall of 1984) exercised a vast influence upon the portion of the reading public interested in metaphysics. However, not all of the concepts dictated by "Seth" were necessarily easy to grasp. The books themselves were in clear readable English, but the ideas were multi-layered and covered many areas of living. This new book serves to make the Seth material more accessible for use in everyday life. In fact, it was approved by Jane Roberts and her publishers as a workbook and an adjunct to the published works.

It is not easy to condense about ten volumes of material into a short book and still maintain continuity and coherence. Somehow Ms. Ashley, a professor at the University of Hawaii, has managed to perform the task admirably. There are 46 short chapters, many of which include exercises for altering and changing belief systems. There are sections on dreams, focusing on sense data, belief systems, cultivating a sense of self-worth, the role of the imagination in reality formation, the emotions, memory, reincarnational selves and alternate selves, latent abilities, psychic development, prediction of future events, secrets, healing through sound, pendulum divination, self hypnosis, disolving of fears and phobias, getting rid of guilt, and achieving value fulfillment. As each chapter is short and to the point, it is very useful, when you need a "quick fix" of restorative energy. The only problem with the books of Jane Roberts is that sometimes it is hard to locate a specific area when you are in a hurry. With this book, you simply turn to the relevant section and read the advice that is applicable.

The book is an excellent introduction to the more complex material and of value as a summation in its own right. I think that Ms. Roberts did not realize the extent of the many lives she was influencing when she was living. Both Susan M. Watkins, author of **Conversations with Seth** and Nancy Ashley, author of the current book, are following in that tradition. ☆

W. Ritchie Benedict

*(Mr. Benedict, a first time reviewer for Psychic Life, writes from Calgary, Canada ...editor)*

## Movie Review

**Out of Africa** is a very good film that deals with a number of issues: female freedom, male freedom, male-female communication and creating and destroying.

Directed by Sydney Pollack and written by Kurt Luedtke, the script was based on the autobiographical novel by Isak Dinesen, the pen name of the Baroness Karen Von Blyxen.

The film covers the early decades of this century, when the Baroness went to colonial Kenya, East Africa, to create a coffee farm from the beautiful African veldt.

Meryl Streep plays the Baroness in one of her more psychic performances. It's hard not to compare this portrayal to **Sophie's Choice**, if for no other reason than the authenticity with which Streep becomes these women. As Karen Blyxen, Streep lets us share the thrills and the joy that she felt at having so much room to create. And yet, brooding under all this female creativity and enthusiasm was the grief of her father's death by suicide when she was ten, the grief of her marriage to Blyxen and the syphilis that he gave her which left her childless, and most of all the grief that as an incredibly powerful woman she spent most of her time alone.

Robert Redford plays Denys Finch-Hatton, a big game hunter and early bush pilot who became the love of Karen's life. Redford is excellent at portraying a man trying desperately to be good in a world that is not that simple. Many of his big roles have been this same character, and I see as a clairvoyant that Redford as a spirit is trying to rid himself of his own grief, his own old-fashioned morals, by playing these parts. In the case of Finch-Hatton, he is a man in love with a woman so powerful that he can only be around her a few days at a time before her uncontrolled female energy becomes too uncomfortable for his male body to handle. It is this misunderstanding in their relationship that destroys it.

I enjoyed this movie tremendously as a psychic. Director Pollack gives you a sense of the sweeping, grandeur that was Africa. It was a chance to watch how great people can create something very wonderful, make mistakes, and then destroy it all. The trick is not to get stuck as a spirit on what was created, and not to get stuck as a psychic on what you are watching. ☆

Gail Halloran

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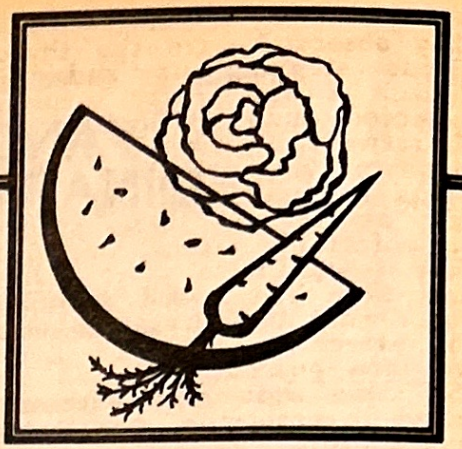

by Cathy Langlois

## A Psychic Taste Test: Sugar vs. Nutrasweet

The battle rages on... to sweet or not to sweet. We are bombarded constantly with comparison tests about the merits of Coke or Pepsi, sugar or Nutrasweet it goes on and on, and the battle is based often on who can create the most paranoia about what a detriment it is to your health or the fear of being considered an old fuddy duddy if you like one taste or another. I recently became interested in some of the consumer interests over sugar vs. Nutrasweet when I spoke with a woman I know who after having lost a great deal of weight has become a diet pop junky. She complained to me about being depressed and rather spaced out lately. I asked her if she was eating at all and she was on a pretty well balanced diet to maintain her weight but she was drinking up to eight cans of diet pop a day. Now like everyone I was aware of the great new miracle sweetener Nutrasweet and also as a psychic I have been aware of sugar and how it can affect my energy. But I became curious about how Nutrasweet would affect my communication with my body. So I decided to conduct a psychic test of my own. One evening in a clairvoyant student lecture I had a group of psychics as readers and two psychics as guinea pigs conduct a little experiment. On this particular evening we also had some guests from a beginning class in attendance. As the readers prepared themselves I had the two clairvoyant students, (Nina Clark and Ralph Gimpel), drink a half a glass of a soda with Nutrasweet. Neither the readers nor the students knew what was in the cup. I asked the readers to look how their bodies were immediately affected and what it did to their communication with that body as a spirit.

The first thing they noticed was a dramatic change in their grounding (the spiritual tool that has you feel safe to be in a body as a spirit). They were unable to use that ability and immediately noticed that they both became a bit light headed. Two of the readers noticed a silver blue energy at the top of the head, at the base of the spine, and in the pancreas and liver. A few other things


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they observed were the thyroid and pituitary glands stepping up and the senses being dulled. I was pretty surprised as I had not expected such a dramatic reaction to the Nutrasweet. When I asked how the two students were feeling, they noticed their hands became cold and limp and they both felt as though their spiritual energy was uncomfortably pushed up. All readers agreed that it was much more difficult for them to hear their bodies and communicate with them about what they wanted. One student likened the affect to cocaine. After a short break we then poured a second glass for them of the same soda only with sugar. They both found it easier to ground at first and both immediately felt safer and more in control. After a while, however, they both noticed a sensation of everything being less real and of their breathing becoming deeper and slower. On a spiritual level the readers noticed that the lower chakras of the body were turned up (these are the energy centers that affect the bodies energy the most) and that the Nutrasweet affected the upper chakras the most (those that affect spiritual communication and awareness). In both cases these energy centers were more out of control and not comfortable to the body-spirit communication of Nina and Ralph.

What became the most amazing thing about the test was the amount of change caused by the consumption of something as simple as half a glass of diet and regular soda. Everyone became more aware of what they put in the body and how it affects the signals they get about what the body wants to be comfortable. The two testers had a difference of opinion about the regular soda pop: Nina enjoyed it; Ralph definitely didn't like either one. He had not tasted a soft drink of any kind for 10 years. Both were surprised at how much happened with their energy from the drinks and each became more aware of paying attention to how the way they were taking care of themselves enhanced or hindered their growth as psychics.

As a psychic taste test we did not determine that either was all that beneficial to them but did conclude that they were far more sensitive to a so called wonder product than any commercial hype would lead you to believe. All the people in the room were excited to start doing their own personal tests on how things that they had taken for granted were good for them or that they had been told were harmless affect their spirit-body communication. ☆


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# MORSE CODES FROM BEYOND

by Joan and Clifford Burbridge

This photo of Clifford Burbridge was taken shortly before he contracted polio.

*(Joan Burbridge and her husband lived in England at the time of their 18-year-old son's death in 1948. Afterward, they had experiences which baffled them, not having much knowledge of the psychic realm. They recorded their search for truth and further communication with their son, which led them into the world of mediums. In the next four issues of Psychic Life Magazine we will feature their story, which leads us to a spiritualist church, messages received through the automatic writing of Mrs. March, a session with the medium Leslie Flint in England, and Hazel Herijon in America. In the first part of this article, Joan describes her early encounters with mediums in the spiritualist church.... editor)*

We lost our beloved 18-year-old son Clifford through polio, after one short week's illness. The shock and grief were overwhelming, until we were gently led into spiritualism, and the knowledge and proof of an afterlife.

There is still the pain of personal loss, the longing for the physical presence. We ourselves are still here with all our personal difficulties, darkness and groping, but at times we seem to see a lifting. It is as though we catch a glimpse of a radiance and happiness of another sphere, as though we hear from afar a persistent voice saying "Don't be sad, try to understand, it is all right. I am here free of all the suffering and sadness, waiting for you. Once you hear it, you know it is authentic, you don't need any science or 'ology to prove it to you. And once you know the beauty of his young life, the gaiety, the talent, and the warmth of his young affections seem still to be there in the journey which is not so very long for any of us.

My first reality of "knowing," began by clairaudiently hearing music, morse code, whistling and piano playing. Then an independent voice calling loudly and recognizably: "Hello Mummy!" All this would happen in the middle of sleepless nights and first occurred approximately three months after he had left us. It was unmistakably Clifford's personality breaking through.

Clifford had been very musical and had played the piano. Radio and morse were his chief interests and, at the hospital when he could no longer speak, he morsed with his eyelids and on the side of the iron lung to his father, "I love my parents," and "Please tell Mummy goodbye."

One day, knowing little or nothing of spirit return, I was led to the spiritualist church


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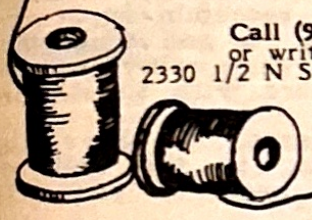

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in Dover and, impelled by something stronger than myself, entered and found a service going on. I had never known such a church existed, nor did I know a soul there. Moreover, no one knew me. After a beautiful service, a man came onto the platform to give messages. I was the first to receive one. He told me that a lovely young man was there with a message for his parents, that his legs were all better and that he was happy; I was not to cry any more. I burst into tears and broke the vibration, it seems. Mrs. Nicholsen, the President, spoke to me afterwards, comforting me and inviting me to come again.

The second time I went she asked my name and when I gave it, a gasp of amazement escaped her. She said that at their weekly circle a short time ago, a young presence manifested and gave his name as Burbridge and wanted to contact his parents. No one knew the name. She then said, "I am getting the name of Clifford, do you place it?" When I said simply that this was my son, tears came into her eyes and she said, "after my fifty years in this work I never cease to marvel at the workings of spirit. Apparently your son was instrumental in bringing you here to receive a message."

I found much comfort in the knowledge that there is no death. The thought of meeting our beloved ones again, in the not so distant future, assuages much of the anguish of the earthly parting.

Over the years I received many messages from a variety of mediums, none of whom I knew personally; they came to visit the little church from various parts of England. I treasured each communication: each one strengthened my belief in spirit and reaffirmed my experiences with Clifford since his death.

"I get a sense of great sorrow and loss, of someone very near and dear to you. You feel it need never have been and wonder why, but the circumstances were beyond you. The cord is broken. God knows best. A young man comes showing himself on crutches, he throws them away, he says, 'I am always near you, wherever you go whatever you do I know of.' He holds out the hand of comfort and brings red roses."

"Your boy says, 'My legs are better now.' I see him playing a piano. There is a cricket bat in the house with his initials. He gives you a message, 'tears won't alter anything.'"

"Your son has pulled the curtains in your home recently. You miss his physical presence but he is always very near you, and all the while you grieve for him you are holding him back, and he cannot be happy in his spirit life."

"A young man is here giving me a sensation of either meningitis or paralysis; I see an ambulance and a hospital bed. He says you thanked the nurses. He was eighteen years old. You have moved his photograph more into the light recently and have lilies of the valley near it. He has his little dog Pat with him now and his cats. He says you bought the cross for him in remembrance. He embraces you with love. I get a happier feeling with you. I feel that every hour of every day your thoughts are with spirit. Do you hear music?"

"A lady is here who says, 'We have him safe with us, he is going to the halls of learning, and will come back to you with great inspiration presently."

"Don't try to force spiritual things, they will come gradually when you least expect it. You will see your son when you least expect it. Don't grieve, he is happy and it stops his progress. He has a lovely smiling face and a wealth of mother love comes with this boy. Do you float away in day-dreams?"

Everyone who described Clifford clairvoyantly says he is always happy and smiling; he was a very happy boy. All these messages seem to fit together in a miraculous way. To us they meant a great deal. Yet we wanted more information and more contact and jumped on the offer of one of the ladies at the church, Mrs. Marsh, to see if Clifford would come through in her automatic writing sessions... He did. (Continued in the the next issue of Psychic Life.)

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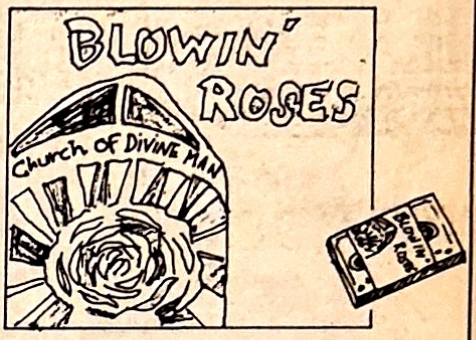


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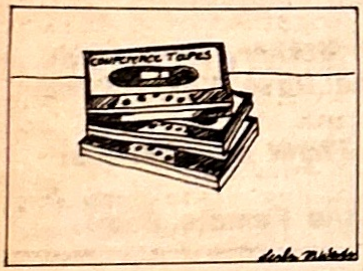


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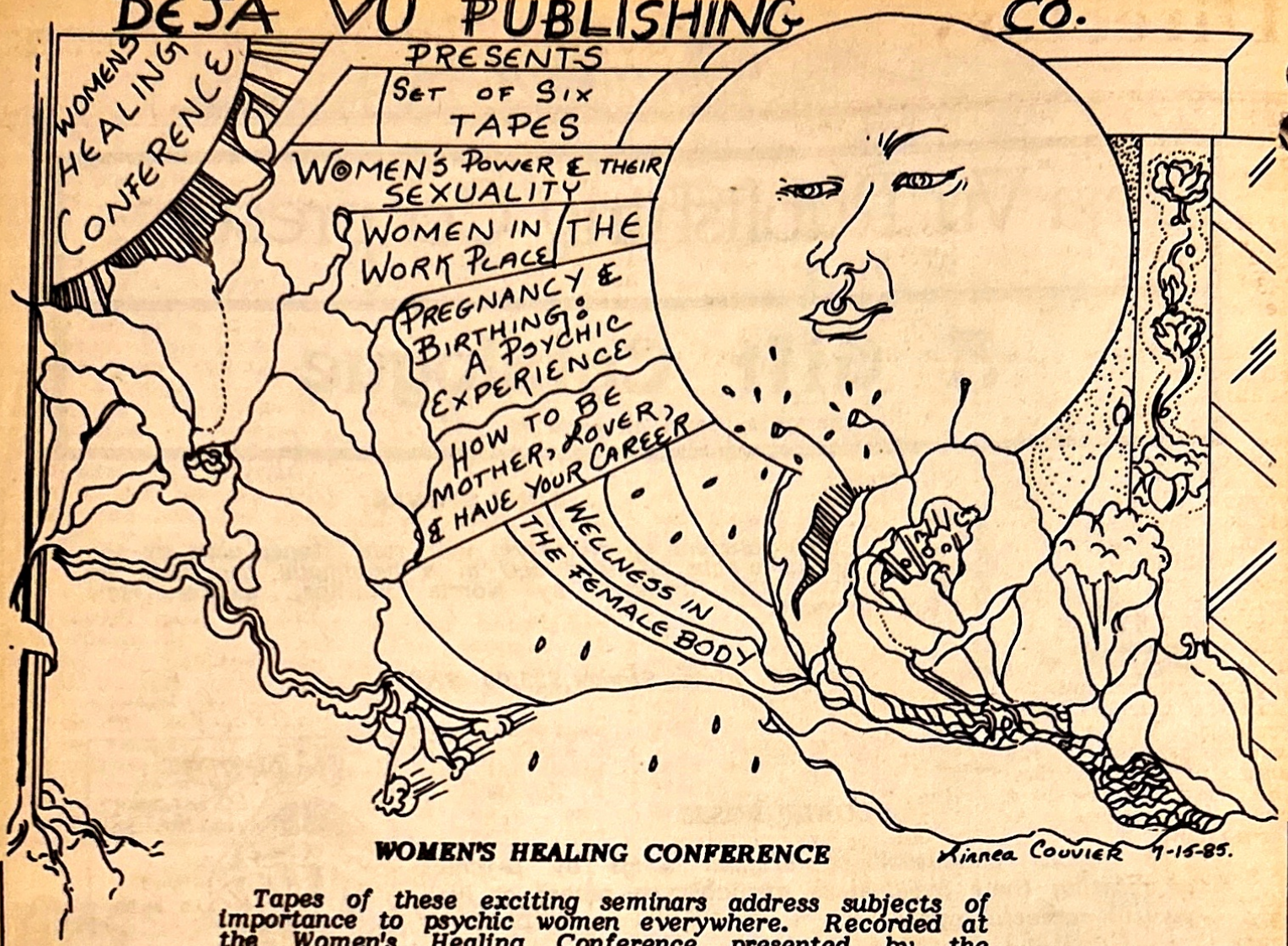
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# What Color Is Your Aura Today?

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1st Layer - Green. Growth and awareness about having a female body.
2nd layer - Brick Red. Strictness. This is a grandmother's that says don't have too much fun.
3rd layer - Clear Blue. This energy says don't hurt people; you must be careful with words. There is a family agreement to not disturb males.
4th Layer - Yellow Green. You just found much more affinity for yourself and your creativity.
5th Layer - Yellow. Great expectations. Someone else has plans for you.
6th Layer - Lavender. You are looking at happy things and having fun but with caution.
7th Layer - Grey White. This is protection from mother and paternal grandmother, but it stops you from doing what you want.

Maybe it's time you had a reading. For an appointment call (415) 548-8020. Learn to use your own abilities - we have beginning classes and workshops, as well as a one year seminary training. Psychic Abilities Demonstration - Tuesday, 2-5, Berkeley.

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* Did you give your last issue to a friend before you finished it?
* Did you just read your first issue of Psychic Life and wonder what you missed?

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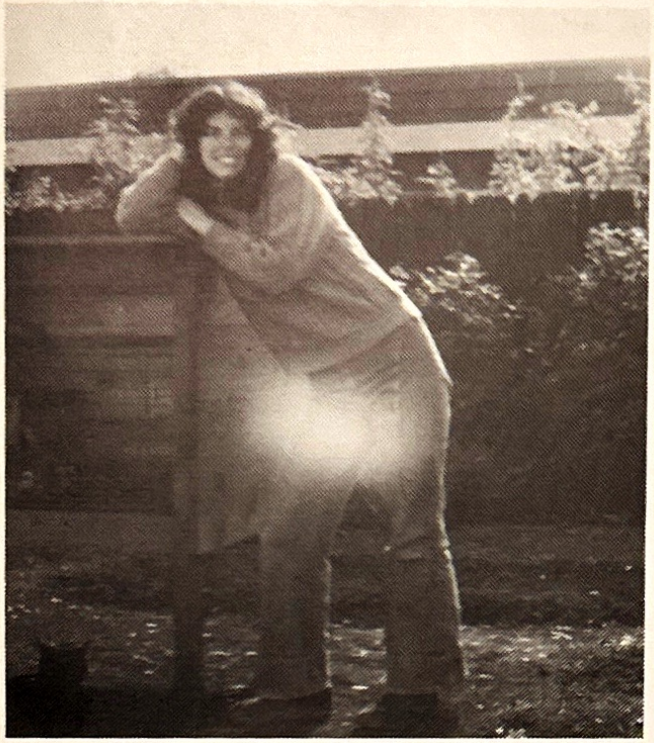
# Spirit Photo



This photo submitted by Mary Boril was taken in May 1978. It was taken six weeks after a hysterectomy. The energy around the first chakra is from two different sources. White prayer energy from this woman's older female relatives was sent to heal her. A couple of baby beings are clustered around her first chakra.

The faint stripe of energy at the front left corner is the energy of the person who took the photo. She is in a growth period and is trying to stay out of her friend's space.

Clairvoyant reading by Scott Wicker and Beth Dunlavy

Do you have any of your own spirit photos you would like to share with us? We will publish reader's photos as space permits. Please include any information available about the photo, i.e. circumstances surrounding the picture, what you saw, type camera and film. All photos will be returned if mailed with a SASE. Mail to: Psychic Life, 1339 Lincoln Ave., San Rafael, CA 94901.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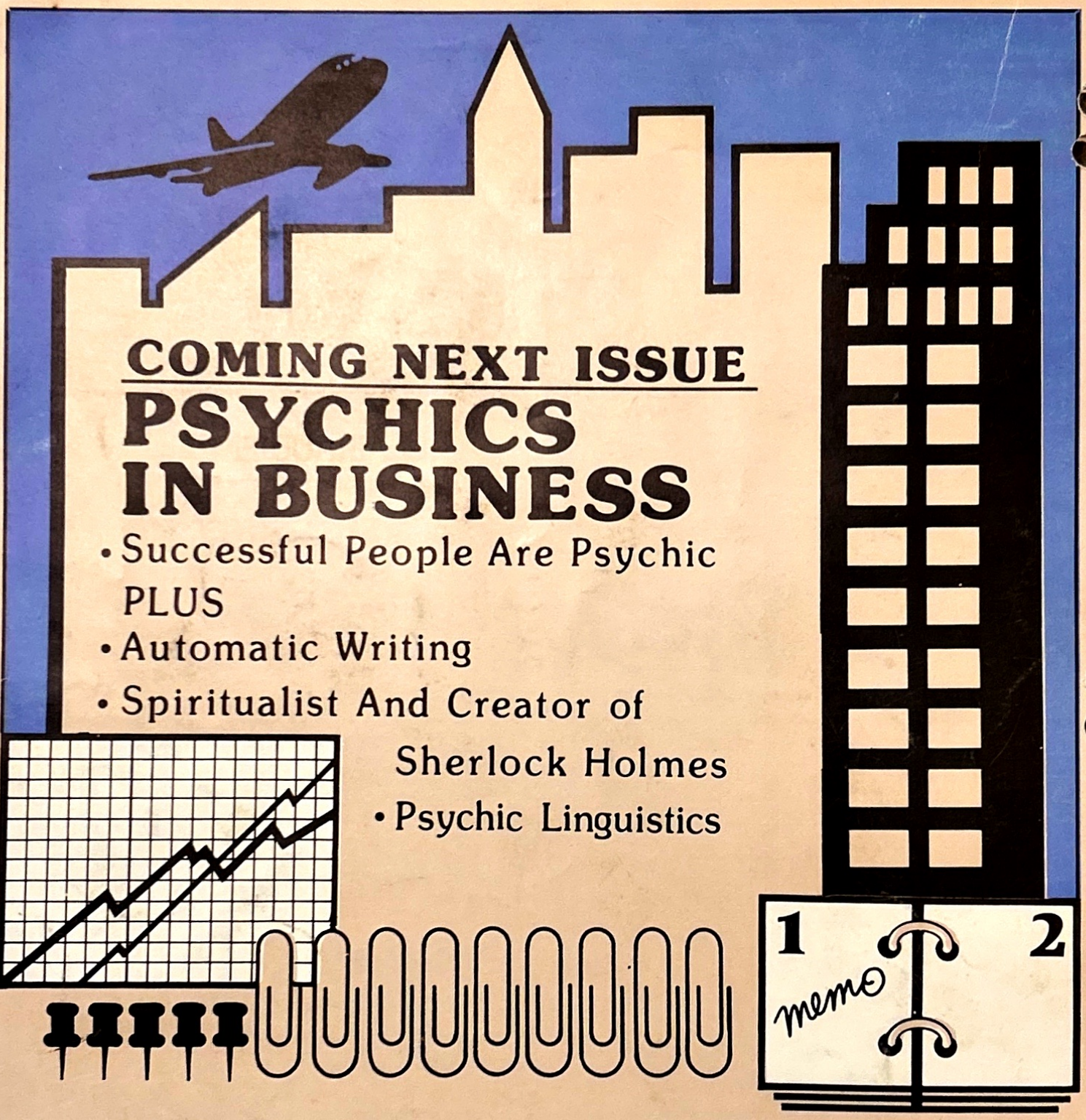

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